

# REEDLEY COLLEGE

## Basketball Conditioning PE-31C Summer 2021 Course Syllabus

Course Title: Basketball Conditioning

Instructor: Michael Fulford

Course Number: PE-31C (55577)

Office Hours: M and W 1:00 – 3:00pm

Class Days: Tues, Wed, Thurs

Time: 5:30 to 8:20pm

Phone: (559) 638-0354 ex 3354

Required Text: None

Email: Michael.fulford@reedleycollege.edu

Prerequisites: None

### **CLASS OUTCOMES:**

*Upon completion of this course, students will be able to:*

1. Use proper weight room safety within a team setting.
2. Demonstrate proper lifting techniques related to specific basketball positions.
3. Illustrate a basic knowledge of muscle groups and their application in the weight room.
4. Apply proper nutritional choices required to help acquire/maintain a healthy body composition.
5. Recognize the five (5) components of physical fitness and understand how they relate to the development of basketball performance.

### **CLASS OBJECTIVES:**

*In the process of completing the course, students will:*

1. Evaluate and critique current fitness levels appropriate for intercollegiate basketball.
2. Plan, implement, and practice appropriate fitness activities and nutritional choices that promote improved levels of muscular strength endurance, cardio-respiratory endurance, flexibility, and body composition.

### **GRADING:**

1. **Measured Performance** – 70% (Must show up and be on time)  
Grade will drop after 2 missed classes. Only 3 make-ups will be allowed.
2. **Fitness Test** – 10% (Pretest 5% and Posttest 5%) Sit-Up/Push-Up/Mile
3. **Skills Test** – 10%
4. **Written Exam** – 10% (A maximum of 2 written exams may be given throughout the semester.)

### **GRADING SCALE:**

A	100 – 90%	C	79 – 70%	F	59 – 0%
B	89 – 80%	D	69 – 60%		