

Reedley College
Basketball Conditioning PE-31C FALL 2018 Course Syllabus

Course Title: Basketball Conditioning

Course Number: PE-31C (55079)

Class Days: Mon, Tues, Wed, Thurs

Phone: (559) 638-0354 ex 3354 office

Email: Richard.jennings@reedleycollege.edu

Instructor: Richard "TJ" Jennings

Office Hours: M and W 1:00 - 3:00

Time: 4:30 to 5:45

Required Text: None

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 this 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 and only 3 make ups are allowed
2. **Fitness Test** – 10% (Pretest 5% and Posttest 5%) Sit-Up/Push-Up
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 %
B	89 – 80 %
C	79 – 70 %
D	69 – 60 %
F	59 – 0 %

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

If you have special verified needs as addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

DROP POLICY:

18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (4) consecutive absences