

ARIZONA WESTERN COLLEGE
SYLLABUS

PER 216 SPEED AND AGILITY TRAINING

Credit Hours: 2 Lec 1 Lab 2

PREREQUISITE:

COURSE DESCRIPTION

This class will provide instruction and practice in the skills and understanding of conditioning and agility training for the second year college athlete.

1. COURSE GOAL

To provide the second year collegiate athlete with a complete understanding needed to implement conditioning and agility training as part of a fitness and performance routine.

2. OUTCOMES

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

- 2.1 demonstrate advanced practice sets designed to prevent injuries while increasing run times and advancing sports specific agility training
- 2.2 demonstrate an understanding of all terms applicable to agility training.
- 2.3 perform complex and effective training techniques.
- 2.4 perform drills needed to improve agility and increase speed training.
- 2.5 complete a series of sports specific practice drills designed for their position on a team

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Observation
- 3.3 Demonstration

4. LEARNING ACTIVITIES

- 4.1 Charting-organize workout chart
- 4.2 Journaling
- 4.3 Drill and Practice
- 4.4 Exams

5. EVALUATION

- 5.1 Demonstration of Competencies
- 5.2 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.

- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.