

Course discipline/number/title: PHED 1192: Strength, Agility and Quickness Training for Basketball Athletes

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is designed to guide basketball players in techniques of strength, speed, and agility to prepare themselves for their season. Areas addressed will be the principles regarding proper warm-up, stretching, strength training, cardiovascular endurance training and nutrition. Biomechanical breakdown, analysis and education will also be provided for all components of running, jumping and plyometric skills.

C. DATE LAST REVISED (Month, year): May, 2020

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Warm-up strategies for strength training and aerobic conditioning specific to basketball such as lateral movement, offensive/defensive positioning and shooting positioning.
2. Flexibility techniques that include both pre and post-exercise training.
3. Plyometric, speed and agility training techniques focusing on explosive basketball movements, as related to the stimulus of instantaneous game situations.
4. Strength training techniques that are specific to basketball – including major Olympic weightlifting skill sets.
5. Basketball specific, lower and upper body core training for stabilization while performing speed movements.
6. Implications of proper hydration.
7. Understanding the phases of strength training and how certain phases are critical for increases in strength, through repetition and how strength is maintained throughout a season of competition.
8. Understanding the phases of strength training and how certain phases are critical for increases/maintenance, in strength, through repetition and during the off season.
9. Understanding the phases of cardiovascular training and how critical maintaining cardio endurance is through a program of continued training, load and progression during a season of competition.
10. Understanding the importance of cardiovascular training and how critical maintaining cardio endurance is through a program of continued training, load and progression during the off season.
11. Implementation of specific strengthening programs for ACL injury prevention.

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate a proper active warm-up routine that will prepare the athlete for a dynamic stretching routine.
2. Demonstrate the proper mechanics of lateral movement for achieving and maintaining offensive, defensive and shooting positioning.
3. Demonstrate effective plyometric, speed and agility techniques to increase lateral speed and reaction time for performing basketball skills.
4. Demonstrate the proper Olympic style weight training techniques that increase strength, explosiveness and stability in basketball related movements.
5. Demonstrate appropriate jumping, pivoting and landing techniques to prevent knee, ankle and foot injuries associated with basketball.
6. Demonstrate understanding of the different phases in a strength and cardiovascular training program and be able to implement and maintain that program in pre-season, in-season and off-season workouts.
7. Recognize their need and develop their own proper hydration program as it relates to activity level during the off-season, pre-season or in-season requirements.
8. Understand and relate the importance of self-discipline through personal responsibility, commitment to team goals and outcomes, and respect for coaching personnel, teammates, and the community they represent during each competition.

F. LEARNING OUTCOMES (MNTC): NA

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Participation
  2. Pre and Post Fitness Testing
  3. Personal Improvement-Fitness Testing
  4. Individual Program Development
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):  
Personal and Professional Accountability. Students will take responsibility as active learners for achieving their educational and personal goals.
- I. SPECIAL INFORMATION (if any): None