

PEHR: 1770 (Body Conditioning) Men's Basketball Syllabus, Fall 2006

- Instructor:** Jon Judkins
Instructor information: 652-7781
judkins@dixie.edu
Burns Arena (lower level)
- Course Credits:** 1.0
Location of Class: Burns Arena
Beginning/Ending Date: August 22, 2006 through December 15, 2006
Meeting Times for Class: 12:00-1:30
- Pre- or Co- requisites:** PEHR 1770 is a corequisite: Body Conditioning
The student must enroll in the 1770 section corresponding with the Intercollegiate Sport.
- Textbook for Class:** N/A
- Course Description:** Body Conditioning includes physical training and direct instruction To prepare student athletes for intercollegiate competition in men's basketball. It also requires that students learn personnel qualities and characteristics that will help them throughout life, including self-discipline, teamwork, and commitment.

Department and Course Objectives:

- I. PEHR Objectives:**
 - a. Enhance development of physical, mental, social, and emotional well-being through physical education;
 - b. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
 - c. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
 - d. Demonstrate an understanding of physiology that promotes safety in physical exercise;
 - e. Develop a fitness plan pertinent to the physical activity of the course, as applicable.

II. Course Objectives:

Grading Criteria

I.	Attendance	Number of practices	X 10 = n
II.	Skill Development	Number of skills	X 10 =
III.	Effort	Effort in practice	X 10 =
IV.	Competition	Performance in games	X 10 =

Final grade determined by following percentages:

- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = Below 60%

Institutional and Class Policies

- I. **Academic Integrity-** Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal. You will be notified of your withdrawal in this way:
 - a. A verbal request to comply with behavioral expectations of the class.
 - b. On written 'warning' letting you know that you have not made the required behavioral change.
 - c. Administrative withdrawal.
- II. **Withdrawal:** If you decide to drop the class, it is up to you to turn in a drop card to the registrar to make sure you are off the enrollment list for the class. Final day to withdraw is November 17th. Last day to drop class is September 27th.
- III. **Student Support Services-** If you are a student with a physical or mental impairment and would like to request accommodations, please contact the Disability Resource Center (652-7516) in Room 201 of the Student Services Center. The Disability Resource Center will determine your eligibility for services based upon complete professional documentation. If you are deemed eligible, the Disability Resource Center will further evaluate the effectiveness of your accommodation requests and will authorize reasonable accommodations that are appropriate for your disability.
- IV. **Library Services-** If you need help from a librarian, access this site:
<http://library.dixie.edu/>

- V. SAAC- The Student Athlete Advisory Committee is set up to serve the athlete in the case that there is a misunderstanding or grievance concerning scholarship or eligibility determination. Student athletes should report such difficulties to Tim Eicher, Faculty Athletics Representative, who will convene a meeting of the SAAC if deemed appropriate.
- VI. Writing help- If you need help with writing papers, you can physically go to the writing lab in the Browning Learning Center. You can also reach the Online Writing Center by going to the DSC home page (www.dixie.edu), pointing to 'Academics', and on the pop-up menu, clicking on Online Writing Lab. The direct URL to this site is <http://dsc.dixie.edu/owl/>

Men's Basketball Training Schedule

Week 01 (Aug 22-27) – Beginning endurance

Week 02 (Aug 28- Sept 1st) – Testing & Muscular Endurance (2 sets x 20 reps) Cardio Endurance

Week 03 (Sept 5th-8th) - Muscular Endurance (2 sets x 20 reps) Cardio Endurance

Week 04 Sept 11th-15th) – Muscular Strength (3 sets x 6 to 8 reps) Cardio Strength

Week 05 (Sept 18th-Sept 22nd) – Dynamic Strength, Cardio Intervals

Week 06 (Sept 25th-Sept 29th) – Dynamic Strength, Cardio Intervals

Week 07 (Oct 2nd-6th) – Plyometrics, Cardio Bursts

Week 08 (Oct 9th- 13th) – Plyometrics, Cardio Bursts

Week 09 (Oct 16th- 20th) – Agility and Speed

Week 10 (Oct 23rd- 27) – Agility and Speed

Week 11 (October 30th – Nov 3rd) – Timed Sprints

Week 12 (Nov 6th- 10th) – Timed Sprints

Week 13 (Nov 13th – 17th) – Timed Sprints

Week 14 (Nov 20th- 24th) – Timed Sprints

Week 15 (Nov 27- Dec 3) Timed Sprints

Week 16 (Dec 6th- 10th) Strength Testing