

# SACRAMENTO CITY COLLEGE



**2011-2012 CATALOG ADDENDUM**

# SPORT

Division of Kinesiology, Health, & Athletics  
Mitch Campbell, Dean  
Hughes Stadium, Section 1 & 3  
916-558-2425

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## SPORT - New Courses

### **SPORT 301 Off Season 1-3 Units** **Conditioning for Baseball**

*Prerequisite: None.*

*Acceptable for credit: CSU*

*Hours: 54-162 LAB*

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content will include: sport specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. The course may be taken four times for a maximum of 12 units for credit.

### **SPORT 366 Off Season 1-3 Units** **Conditioning for Softball**

*Prerequisite: None.*

*Acceptable for credit: CSU*

*Hours: 54-162 LAB*

This physical education course involves sport specific training and conditioning skills and techniques. There is a concentration of basic concepts with emphasis on conditioning. Students will have the opportunity to obtain knowledge and practical experience in a specific intercollegiate sport. The course may be taken four times for a maximum of 12 units for credit.