



## PE 1001

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1001

**Title:** Improving Athletic Performance

**Catalog Description:**

This class is designed for visiting summer school students to help them improve their individual athletic performance. Participants must have successfully completed their sophomore year of high school. Repeatable for credit.

**General Education Requirements:** N/A

**Semesters Offered:** Summer

**Credit/Time Requirement:** Credit: 1; Lecture: 1; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** Yes

**Grading:** Pass/Fail

**Justification:**

This course will transfer as PE elective credit. Utah State University offers credit for similar summer athletic camps and workshops.

**Student Learning Outcomes:**

Students will demonstrate an understanding of how mental preparedness, practice drills, and a knowledge of healthful nutrition, will enhance their athletic performance and improve their long term health.

**Content:**

Students will learn to enhance their athletic performance skills through:

- Mentor analysis
- Practice drills
- Guided Mental Imagery
- Healthful Nutrition
- Hydration
- Positive outlook through positive self image

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Upon successful completion of a summer camp course, a student will be able to apply immediate and lifelong athletic fitness, health, and performance principles. Instructors will evaluate and provide feedback to students based on the results of test scores, and observation throughout the course.

**Key Performance Indicators:**

Assessment will be based upon the following approximate values:

- Participation/Attendance 60%
- Effort during practice sessions 20%
- Test on written material 20%

**Representative Text and/or Supplies:**

The instructor will provide all materials for the course.

**Optimum Class Size:** 50

**Maximum Class Size:** 250

**Signatures:**

I hereby submit this course syllabus:

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Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)