

Glendale College

Course Outline of Record Report

Course ID 010497
Revision - November 2025

ATHPE170 : Lacrosse

General Information

Author:	• Erin Calderone
Attachments:	EMERG_DE Addendum_ATHPE_170_COR_2:26:25_CoDE_5:27:25.pdf
Course Code (CB01) :	ATHPE170
Course Title (CB02) :	Lacrosse
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000616153
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
Last Cyclical Review Date:	02/26/2025
Course Description and Course Note:	ATHPE 170 is an advanced course designed for students who plan to compete at the collegiate level in the sport of lacrosse. Students learn advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies and/or those of the Men's or Women's Collegiate Lacrosse Association (MCLA or WCLA). Note: ATHPE 170 is designed for the intercollegiate lacrosse team. May be taken 4 times for credit.
Justification:	Content Change
Academic Career:	• Credit
Mode of Delivery:	• In-Person
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

08/28/2023

Comparable Course

No Comparable Course defined.

GCC General Education Requirements

Area 8: Lifelong Learning

Area

Lifelong Learning

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

4

Maximum Credit Units (CB06)

4

Total Course In-Class (Contact) Hours

180

Total Course Out-of-Class Hours

36

Total Student Learning Hours

216

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1	2
Laboratory Hours	9	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks) 18

Hours per unit divisor 54

Course In-Class (Contact) Hours

Lecture 18

Laboratory 162

Studio 0

Total 180

Course Out-of-Class Hours

Lecture 36

Laboratory 0

Studio 0

Total 36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Apply a variety of offensive and defensive skills appropriate for intercollegiate lacrosse.	No Value

Integrate National Collegiate Athletic Association (NCAA) and M/WCLA rules and CCCAA decorum polices into weekly competition.	No Value
Display cardiovascular health, muscular strength and endurance.	No Value
Utilize verbal communication necessary for collegiate competition.	No Value
Demonstrate how to apply workable solutions within a team environment.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)
No Value

Specifications

Methods of Instruction	
Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Discussion
Methods of Instruction	Multimedia

Methods of Instruction	Tutorial			
Methods of Instruction	Independent Study			
Methods of Instruction	Collaborative Learning			
Methods of Instruction	Demonstrations			
Methods of Instruction	Field Activities (Trips)			
Methods of Instruction	Presentations			
Out of Class Assignments <ul style="list-style-type: none"> • Game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback) • Goal setting (e.g. written re-evaluation of goal performance every week) • Game analysis (e.g. written summary and review of game film both team and individual) 				
Methods of Evaluation	Description of Activity/Interaction			
Exam/Quiz/Test	Written play exams (e.g. diagram test for defense)			
Evaluation	Demonstration evaluations (e.g. fast breaks)			
Writing Assignment	Video movement analysis			
Activity (answering journal prompt, group activity)	Weekly competition			
Textbook Rationale No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials (i.e. OER, handouts)				

Description	NCAA 2023 and 2024 Men's and Women's Lacrosse Rules Book
Author	National Collegiate Athletics Association
Citation	No value
Online Resource(s)	https://www.ncaapublications.com/p-4667-2023-and-2024-mens-lacrosse-rules-book-online-only.aspx

Learning Outcomes

Course Objectives

Identify and analyze concepts and strategies of individual and team personnel through film analysis and simulated game situations.

Demonstrate collegiate level throwing, catching, dodging, shooting and feeding techniques.

Recognize the role of nutrition in athletic performance.

Break down and apply offensive and defensive schemes.

Demonstrate and apply practical and general knowledge of the game of lacrosse and its rules.

Integrate conditioning and weight training into daily practices.

Demonstrate the ability to work with a team as a unit and develop team concepts.

SLOs

Implement and apply technical and tactical skills necessary for collegiate competition. Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>ATHPE</i> Core PLOs	Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.
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Integrate cooperative skills needed to perform at a high level of play. Expected Outcome Performance: 70.0

ILOs Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Core PLOs	Integrate and execute advanced cooperative skills needed to perform at a high level of play.
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Demonstrate and apply safety rules and procedures to effectively participate in a collegiate sport.

Expected Outcome Performance: 70.0

ILOs Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

ATHPE Core PLOs	Demonstrate and apply safety rules and procedures to effectively participate in physical movement.
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Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Team Philosophies and Rules (4 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules
- California Community College Athletic Association Decorum
- Training room policies for treatment

Safety for Lacrosse (4 hours)

- Injury prevention exercises
- Maintaining playing area
- Use of protective lacrosse gear

- Helmet with chin strap
- Eyewear
- Gloves
- Elbow pads
- Shoulder pads
- Proper footwear
- Protective cover on butt-end of sticks
- Proper warm-up
- Proper cool-down

Understanding Team Dynamics (4 hours)

- Creating a positive team environment
- Effective communication under stress

Nutrition for the Competitive Athlete (4 hours)

- Eating balanced meals
- Carbohydrate and protein combinations
- Packing smart snacks
- Supplements: Good or bad
- Hydration

Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports (2 hours)

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total Hours: 18

Laboratory/Studio Content

Fundamental Conditioning for Lacrosse (18 hours)

- Agility
- Coordination
- Specific muscle group development
- Muscular and cardiovascular endurance
- Plyometric
- Core training

Fundamental Skills in Lacrosse (36 hours)

- Cradling
- Passing
- Catching
- Checking
- Ground Balls
- Off-ball movements

Positional Skills in Lacrosse (36 hours)

- Face-off
- Clamping
- Body positioning
- Exiting
- Defense
- Using a long pole or short pole for effective defense
- Clearing
- Sliding
- Defensive Passing
- Creating turnovers
- Attack
- Shooting
- Managing X
- Dodging
- Feeding
- Midfielder
- Riding

- Sliding
- Creating turnovers
- Goalie
- Reading the offense
- Communicating
- Clearing

Offense Strategies for Intercollegiate Lacrosse (36 hours)

- Competition
- Play development
- Fast breaks
- Offensive sets
- Motion offense
- Extra man offense

Defense Strategies for Intercollegiate Lacrosse (36 hours)

- Competition
- Riding as a team
- Zone defense
- Team defensive sets
- Communication with goalie
- Man down defense
- Transition from defense to offense

Total Hours: 162

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No

What term(s) will this course be offered?

Fall/Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value