

## **COURSE OUTLINE**

### **eSports Health and Conditioning**

#### **Course Description**

ID 133. eSports Health and Conditioning. 1.5 credit hours. This course will enable the student to identify and utilize wellness routines to improve overall health and physical conditioning of a computer-based gamer or user. The student will use different techniques of stretching, basic exercise, and physical activities to better performance and overall wellbeing to prepare for computer gaming activities.

#### **Required Materials**

For complete material(s) information, refer to <https://bookstore.butlercc.edu>

#### **Butler-Assessed Outcomes**

The intention is for the student to be able to do the following:

1. Develop exercise and stretching routines to maintain health and conditioning.
2. Utilize exercise and stretching routines to maintain health and conditioning.

#### **Learning PACT Skills that will be developed and documented in this course**

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

##### **Personal Development Skills**

- Personal management - Through the use of basic stretching and exercise techniques and standard health and wellness routines, the student will develop plans to effectively maintain general fitness of an eSports gamer/computer user to fit individual needs.

#### **Major Summative Assessment Task(s)**

These Butler-assessed Outcome(s) and Learning PACT skill(s) will be demonstrated by the following:

1. Developing and utilizing a written plan of health and conditioning routines to help maintain better physical conditioning for the eSports gamer or computer user.

#### **Learning Units**

- I. Seated techniques
  - A. Exercises
  - B. Stretching
- II. General health and fitness
  - A. Walk when you can
  - B. Stairs instead of elevators
  - C. Basic physical activities
  - D. Reflection and meditation

### III. Computer use specifics

- A. Fatigue
- B. Injuries

### IV. Develop your routine

- A. Exercise
- B. Healthy eating
- C. Stretching

### **Learning Activities**

Learning activities will be assigned to assist the student in achieving the intended learning outcomes through lectures, class discussions, team research, individual research, readings, viewing tutorials and study material, and other activities at the discretion of the instructor. These activities may be either face-to-face or online.

### **Grade Determination**

The student will be graded on the learning activities and assessment tasks. Grade determinations may include the following: class participation, projects, team and individual participation, research assignments, quizzes, tests, and other activities at the discretion of the instructor.