

# PHDA 15C: PROGRESSIVE MODIFIED TOTAL FITNESS

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Students will be able to identify the components of a comprehensive fitness program.
- Students will be able to what functional training means and how it plays a role an individual's overall fitness program.

## Description

Designed to provide the student the opportunity to engage in an appropriate and safe total body workout. Exercise programs will be developed with consideration given to each student's individual needs and abilities. Students will progress to a higher level of exercise, adding functional fitness activities incorporating all components of fitness, including balance and coordination skills.

## Course Objectives

The student will be able to:

- identify the components of a comprehensive fitness program.
- understand the principles of fitness.
- demonstrate proper technique and body mechanics of each exercise.
- understand functional training.
- understand functional exercise program design.
- incorporate functional exercise into a fitness program.
- understand how functional exercise complements an overall fitness program.

## Course Content

- Components of fitness
  - Cardiovascular fitness
  - Muscular strength
  - Muscular endurance
  - Flexibility
  - Balance and coordination
  - Body composition
- Principles of fitness
  - Frequency
  - Intensity
  - Sets and repetitions
  - Progression
  - Overload
  - Specificity
  - Adaptation

- Recovery
- Warm up
- Cool down
- Body mechanics
  - Breathing techniques
  - Posture
  - Proper form
  - Range of motion
- Functional training
  - Functional strength training
  - Balance and stabilization training
  - Core and back strength training
  - Cardiovascular training
- Functional program design
  - Multi-joint exercises
  - Specificity
  - Daily activities
  - Recreational activities
  - Sport specific
- Functional exercise as part of the overall fitness program
  - Squats
  - Lunges
  - Push ups
  - Core and back exercises
  - Interval training
  - Strength ball training

## Lab Content

During the period of instruction the student will:

- Demonstrate their skill in class by performing each exercise safely and correctly with awareness to their abilities and level of exertion, posture and body alignment.

## Special Facilities and/or Equipment

Gymnasium with fitness equipment, including weights, cardiovascular, balance and functional training equipment.

## Method(s) of Evaluation

- Pre- and post-activity measurements.
- Measurable progress on SE
- Written self-evaluation.

## Method(s) of Instruction

Instructor demonstration and interaction, discussion and cooperative learning exercises.

## Representative Text(s) and Other Materials

Corbin, Charles B., Gregory J. Welk, and William R. Corbin. [Concepts of Physical Fitness](#). 17th ed. NY: McGraw-Hill Publishing, 2013.

Santana, Juan Carlos. [Functional Training](#). IL: Human Kinetics, 2016.

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Optional reading and writing assignments as recommended by instructor.

## **Discipline(s)**

Physical Education (Adapted): Disabled Student Programs and Services.