

PHDA 17: MODIFIED RESISTIVE EXERCISE

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 61X.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Students will be able to identify three of the primary components of a fitness plan.
- Students will be able to identify and discuss how this class has improved their fitness level, health and well being.

Description

Instructs students in methodologies for increasing muscular strength and endurance. Uses free weights, pin set weight machines, medicine balls, resistance bands, etc., as appropriate.

Course Objectives

The student will be able to:

- perform a repertoire of resistive exercises with correct body mechanics.
- demonstrate increased strength and endurance in major muscle groups.
- identify major muscle groups and their movement functions.
- explain contraindicated exercises.
- recognize types and uses of resistive exercises and routines.
- formulate a personal program of resistive exercise routines.

Course Content

- Development of resistive exercise program suitable for the student's goals and abilities
 - Major muscle group functions
 - Agonist/antagonist relationship
 - Position, grip, breath control, range of movement
- Principles of individual program design
 - Sets and repetitions
 - Exercises for all major muscle groups
 - Importance of timing and recovery span

Lab Content

During the periods of instruction the student will be:

- Demonstrating their skill in class by performing each exercise with awareness and increased understanding of their fitness goals.
- Developing a fitness plan.

Special Facilities and/or Equipment

Fitness Center.

Method(s) of Evaluation

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

Method(s) of Instruction

Laboratory, discussion, cooperative learning exercises.

Representative Text(s) and Other Materials

Fahey, Thomas. Basic Weight Training for Men and Women. 8th ed. McGraw-Hill Publishing, 2013.

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