

PHED 22E: CROSS TRAINING FOR ENDURANCE

Foothill College Course Outline of Record

| Heading | Value |
|------------------------------------|---|
| Units: | 1 |
| Hours: | 3 laboratory per week (36 total per quarter) |
| Advisory: | This course is included in the Cardio Fitness family of activity courses. |
| 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

- Identify the different training modalities of functional training
- Demonstrate proper training concepts

Description

Explores the concept of functional training as it applies to the endurance athlete. Students will learn, utilize and understand effective training strategies to promote their own improved performance. Emphasis placed on the application of skills and improved fitness. The importance of proper nutrition to improve performance will also be included.

Course Objectives

The student will be able to:

- Improve personal endurance level.
- Identify personal fitness strengths and weakness.
- Recognize and describe the five major evolutions in endurance sports.
- Apply the concepts of functional training in student's training program.
- Recognize the demands of various events.
- Develop an appreciation of functional training to maintain and improve physical fitness.
- Understand the pro's and con's of performance enhancing drugs.

Course Content

- Training modalities
 - Body weight training
 - Stability ball training
 - Band and pulley training
 - Medicine ball training
 - Dumbbell training
- Putting it all together
 - What is the goal
 - How much time to achieve the goals
 - What training approach works best
- The evolution of physical training
 - "The Beginning"
 - The 1940s: "3 sets of 10"
 - 1960-1990: "The Machine Revolution"
 - The 1990s: "Functional Training"

- "The New Millennium"
- Applied functional training concepts
 - Movement through new eyes
 - It starts at the core
 - The Serape effect
 - Is it all about power
 - How much is enough?
 - Stabilization limited training
 - Proprioception
 - Multiplanar movement
- Functional training for the endurance athlete
 - Interacting with the operational environment
 - Biomechanical characteristics
 - Training implications
- Participation in workout program
 - The need for planning
 - Periodization

Lab Content

Develop an endurance program designed to meet the individual needs of the student.

Special Facilities and/or Equipment

- Gymnasium with stability balls, exercise bands, and medicine balls is recommended.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

- Class participation
- Physical fitness assessment (pre- and post-testing)
- Oral or written tests/quizzes

Method(s) of Instruction

- Laboratory
- Demonstration
- Cooperative learning exercises

Representative Text(s) and Other Materials

Boyle, Michael. *New Functional Training for Sports*. 2nd ed. Human Kinetics, 2014.

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

The student will read journals, handouts, applicable websites for personal research related to improving their endurance and health.

Discipline(s)

Physical Education