PHED 22E: CROSS TRAINING FOR ENDURANCE

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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:

a. Improve personal endurance level
b. Identify personal fitness strengths and weakness
c. Recognize and describe the five major evolutions in endurance sports
d. Apply the concepts of functional training in student's training program
e. Recognize the demands of various events
f. Develop an appreciation of functional training to maintain and improve physical fitness
g. Understand the pros and cons of performance enhancing drugs

Course Content

a. Training modalities
    i. Body weight training
    ii. Stability ball training
    iii. Band and pulley training
    iv. Medicine ball training
    v. Dumbbell training
b. Putting it all together
    i. What is the goal
    ii. How much time to achieve the goals
    iii. What training approach works best
c. The evolution of physical training
    i. "The Beginning"
    ii. The 1940s: "3 sets of 10"
    iii. 1960-1990: "The Machine Revolution"
    iv. The 1990s: "Functional Training"
    v. "The New Millennium"
d. Applied functional training concepts
    i. Movement through new eyes
    ii. It starts at the core
    iii. The Serape effect
    iv. Is it all about power
    v. How much is enough?
    vi. Stabilization limited training
    vii. Proprioception
    viii. Multiplanar movement
e. Functional training for the endurance athlete
    i. Interacting with the operational environment
    ii. Biomechanical characteristics
    iii. Training implications
f. Participation in workout program
    i. The need for planning
    ii. Periodization

Lab Content

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

Special Facilities and/or Equipment

1. Gymnasium with stability balls, exercise bands, and medicine balls is recommended.
2. 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

Methods of Evaluation may include but are not limited to the following:

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

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Laboratory
Demonstration
Cooperative learning exercises

Representative Text(s) and Other Materials

Juan Santana, MEd, CSCS. Functional Training. 2016.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

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

Discipline(s)

Physical Education