

PHED 401: PRINCIPLES OF STRENGTH TRAINING FOR THE OLDER ADULT

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	0
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- A successful student will be able to identify and explain how the various components of the class contribute to their general health and wellness.
- The successful student will be able to demonstrate the proper technique and form of the exercises required for the class.

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate strength fitness program. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Identify and apply the components of a comprehensive strength training program
2. Understand the principles of fitness
3. Demonstrate proper technique and body mechanics of each exercise
4. Understand the physical changes that occur with aging
5. Recognize the benefits of lifelong participation in a strength fitness program

Course Content

1. Components of strength training
 - a. Overload
 - b. Specificity
 - c. Frequency
 - d. Intensity
 - e. Sets and repetitions
 - f. Progression
2. Principles of fitness

- a. Muscular strength
 - b. Muscular endurance
 - c. Cardiovascular endurance
 - d. Flexibility
 - e. Body composition
3. Proper exercise techniques and body mechanics
 - a. Proper breathing technique
 - b. Joint range of motion
 - c. Proper posture and body mechanics
 - d. Balance and coordination
 4. Physical changes that occur with aging
 - a. Bone density
 - b. Joint range of motion
 - c. Muscle imbalance
 - d. Balance and coordination
 5. Benefits of lifelong participation in a strength fitness program
 - a. Improved functional movement and mobility
 - b. Decrease in depression, anxiety and stress
 - c. Increase in energy
 - d. Improved self image, body image and confidence
 - e. Improved mental acuity
 - f. Improved sense of well being
 - g. Increased independence in daily living activities

Lab Content

During the periods of instruction the student will:

1. Demonstrate proper warm up activities.
2. Demonstrate skill by performing each exercise with awareness and the application of proper technique.

Special Facilities and/or Equipment

Gymnasium, weight machines, free weights, resistant bands, medicine balls, cardio equipment, exercise mats, etc.

Method(s) of Evaluation

Pre- and post-activity measurements
Self evaluation

Method(s) of Instruction

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

Armbruster, Carol K., PhD., Ellen M. Evans, PhD, and Catherine M. Laughline, HSD, MPH. *Fitness and Wellness*. 2018.

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

1. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education