

# PHED 45A: FOUNDATIONS OF STRENGTH & CONDITIONING

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Strength Development family of activity courses.
<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 acquire appropriate skills, strategies, terminology and etiquette in order that they may be able to incorporate strength and conditioning into their daily routine while working toward lifetime fitness.
- Students will learn appropriate exercise program design, safe exercise technique, and the ways to assess physical improvement.

## Description

Provides an exercise program to develop the key components of health related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility and body composition.

## Course Objectives

The student will be able to:

- Perform cardio/respiratory activities.
- Monitor exercise intensity using exercise heart rate and perceived rate of exertion.
- Perform exercises specific to individual muscle groups through repetition.
- Identify specific muscles involved in performing resistance exercises.
- Perform a variety of exercises to develop flexibility.
- Perform movement activities to increase the level of body awareness.
- Explain methods of measuring body composition.

## Course Content

- Warm-up Activities
  - Low intensity cardio/respiratory exercise
  - Stretching
- Cardio/Respiratory Conditioning, such as:
  - Jogging/walking
  - Jump rope
  - Step exercise
    - Bench stepping
    - Bleachers
  - Cycling/spinning
  - Circuit training

- Other forms of aerobic group exercise
- Muscular Development
    - Strength
    - Endurance
    - Flexibility
    - Theory
      - Fitness testing (fitness level assessment)
      - Heart rate
        - Calculate exercise training zone
        - Rate of perceived exertion
      - Muscle identification
      - Safety and injury prevention
      - Body composition

## Lab Content

- Warm-up Activities
- Cardio/Respiratory Conditioning
- Muscular Development
- Flexibility
- Theory

## Special Facilities and/or Equipment

- Access to college weight room or fitness center.
- 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

- 1-2 page fitness evaluation
- Journal entries
- Performance exams
- Fitness assessment
- Exam/quizzes

## Method(s) of Instruction

Lecture, laboratory, demonstration, discussion, cooperative learning exercises

## Representative Text(s) and Other Materials

NSCA–National Strength & Conditioning Association. Essentials of Strength Training and Conditioning 4th Edition With Web Resource. Human Kinetics, November 16, 2015.

## 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