

# PHED 45A: FOUNDATIONS OF STRENGTH & CONDITIONING

## Foothill College Course Outline of Record

| Heading                            | Value                                                                           |
|------------------------------------|---------------------------------------------------------------------------------|
| <b>Effective Term:</b>             | Summer 2023                                                                     |
| <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

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

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

## Method(s) of Instruction

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

- Lecture
- Laboratory
- Demonstration
- Discussion
- Cooperative learning exercises

## Representative Text(s) and Other Materials

Haff, G. Gregory, and N. Travis Triplett. Essentials of Strength Training and Conditioning, 4th ed.. 2015.

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. Optional reading and writing assignments as recommended by instructor

## **Discipline(s)**

Physical Education