

# PHED 46A: INTERMEDIATE WEIGHT TRAINING FOR HEALTH & FITNESS

## 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

- Design and implement a strength training work-out using balls, weights and core exercises
- Demonstrate increasing proficiency in core strength

## Description

A total body conditioning class that emphasizes intense free weight exercises set to music and incorporates core conditioning. Featured equipment includes dumbbells, body bar, resistance bands, body weight and balls. Students must provide their own fitness mat.

## Course Objectives

The student will be able to:

- Demonstrate and explain safety considerations and correct lifting techniques for all major muscle groups.
- Employ proper warm-up, cool-down and plan modifications/variations as needed to meet individual needs.
- Increase strength levels and muscle endurance.
- Recognize and explain the components of health related fitness and the benefits of muscular strength, endurance and power (sports related fitness).
- Set reasonable fitness goals at the intermediate level and design a plan to achieve fitness goals.
- Understand the principles of core training and the overall benefits of core control.

## Course Content

- Instructor discusses safety and demonstrates correct lifting techniques and stretching exercises, including complimentary breathing pattern, modifications and variations are explained
  - muscle groups: legs, back, chest, shoulders, abs, arms
  - exercises: squat, lunge, plie, bicep curl, tricep kick back, upright row, bent over row, overhead press
- Active aerobic warm-up (1-3) and cool-down (4)
  - dance aerobics

- sport style warm-up may include jogging, jump rope or circuit
  - light weights or no weights with high repetitions using exercises that will be used with heavier weight later in class
  - core training and static stretches for neck, shoulders, back, abs and legs
- Pre- and post-testing
    - leg press max, bench press max and pull-up or lat pull-down max
    - sit-up and push-up to exhaustion with good form
  - Health related fitness components
    - strength, flexibility, endurance, cardiovascular endurance, body composition
  - Benefits of strength development and guidelines for designing individual programs
    - benefits: hypertrophy, endurance, rehab, increase flexibility, burn calories efficiently, improved posture, improved quality of breathing, decrease risk of osteoporosis, mental health
    - instructor provides explanation and resources for various types of strength training specificity, overload, adaptation, progression, plateau/reverse, maintenance
  - Core training and muscles involved
    - pelvic neutral, pelvic floor muscular control, hip and shoulder stability
    - abdominals, low-back, gluteals, hip flexors

## Lab Content

- Lifting
- Squatting
- Bench pressing
- Stretching
- Cardio work

## Special Facilities and/or Equipment

- Fitness mat and weight room.
- 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

- Pre- and post-testing on strength, endurance and flexibility will be assessed by direct instructor observation and/or written evaluation
- Safe participation as observed during class
- Students will develop a fitness goal and create a fitness plan to meet the needs of goal

## Method(s) of Instruction

Discussion, cooperative learning exercises, laboratory, demonstration.

## Representative Text(s) and Other Materials

Handouts will be provided.

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

Handouts and written assessments as assigned.

## Discipline(s)

Physical Education