

PHED 46B: ADVANCED WEIGHT LIFTING FOR HEALTH & FITNESS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development 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

- Design and implement a strength training work out applying advanced resistance principles to produce desired training effect.
- Demonstrate safe and appropriate use of resistance training machines and free weights.

Description

Advanced training and instruction in the use of weights for lifetime health and fitness.

Course Objectives

The student will be able to:

- Participate in a structured and comprehensive program of advanced weight training.
- Develop and apply personal fitness goals.
- Employ correct lifting technique in a variety of advanced resistance exercise techniques.
- Understand the differences between a variety of advanced resistance exercise techniques.

Course Content

- Establish goals which students are encouraged to work toward
- Develop knowledge and understanding of various advanced strength training techniques
 - Super sets
 - Periodization
 - Negatives
 - Isometric and super slow training
- Develop strength through participation in various advanced strength training techniques
- Develop individualized program goals which encourage specialized training
- Explain physiological, kinesiological and anatomical relationships of weight training effects upon the body

Lab Content

Use of pin-set machines, free weights and functional fitness strengthening exercises using medicine balls, j-cords, bozo balls and other strengthening and balance apparatus.

Special Facilities and/or Equipment

- Free weight equipment, squat rack, pin set equipment.
- 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

- Strength development as measured by:
 - Bench press
 - Squats
 - Military press

Method(s) of Instruction

Discussion, active participation.

Representative Text(s) and Other Materials

Half, G. Gregory, and N. Travis Triplett. [Essentials of Strength Training and Conditioning](#). 4th ed. Human Kinetics Publishers, 2016.

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