

# PHED 46B: ADVANCED WEIGHT LIFTING FOR HEALTH & FITNESS

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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

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

Strength development as measured by:

- Bench press
- Squats
- Military press

## Method(s) of Instruction

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

Discussion  
Active participation

## Representative Text(s) and Other Materials

Turner, Anthony, and Paul Comfort. [\*Advanced Strength and Conditioning, an Evidence-based Approach\*](#). 2022.

## 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