

# PHED 47B: THIGHS, ABS & GLUTEUS (TAG)

## 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 Cross Training 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 practice a training program for increasing strength and endurance in thighs, abs and gluteus muscles
- The student will be demonstrate increased awareness of their current fitness level and their desired fitness level.
- 85% of students upon completion of the class will be able to demonstrate the proper form and technique for lower body and core workouts.

## Description

Strengthen thigh, abdominal, and gluteus muscles in an intensive, fun, and highly energized workout.

## Course Objectives

The student will be able to:

- Increase the strength of abdominal core muscles
- Demonstrate effective stretching for muscle fitness, relaxation, and enjoyment
- Develop improved balance
- Demonstrate increased muscle endurance
- Design a variety of exercise routines for increasing strength of thighs, abs, and gluteus
- Identify and describe the benefits and value of core workouts

## Course Content

- Strengthen abdominal core muscles
  - Abdominals and gluteus
  - Lower back and hips
  - Engaging pelvic floor
  - Abs: max curl-up with good form in 60-second time frame
  - Chest: max push-ups
- Effective stretching
  - Application to individual characteristics and purpose
  - Stretch reflex, reciprocal inhibition reflex, and precautions

- Theories of stretching techniques and related kinesiology
  - Use of resistance bands, therapeutic techniques, and other related tools to both improve muscle movement and overall movement flexibility
- Improved balance
    - Use of resistance bands, foam rollers, and blocks to improve posture
    - Centering
    - Coordinating strength and flexibility of core
  - Increase muscle endurance
    - Use of intensity and time to test endurance
    - Conscious relaxation and muscle tension control
    - Use of Bosu Balls and foam rollers to uniformly develop muscles
  - Variety of exercise routines
    - Core exercise sequencing designed to music to extend intensity and duration
    - Mat and standing exercises commingled to improve muscle strength and tone
    - Active and static exercises performed with function and control
  - Identify and describe benefits and value of core workouts
    - Demonstrate and practice principles of perceived exertion
    - Test for strength of core muscle groups
    - Describe muscle groups as mat work is practiced

## Lab Content

- Demonstrate exercises that strengthen core muscles
- Demonstrate effective stretching for muscle fitness, relaxation, and enjoyment
- Design a variety of exercise routines for increasing strength of thighs, abs, and gluteus

## Special Facilities and/or Equipment

- Hand weights, resistance bands, Bosu Balls, foam rollers, jump ropes, and a personal fitness mat.
- 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:

Evaluation will be based on an individual practice—daily effort and improvement  
Class demonstration of core strength routine

## Method(s) of Instruction

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

Laboratory  
Skill demonstrations

## Representative Text(s) and Other Materials

Santana, Juan Carlos. *Functional Training*. 2016.

Although this text is older than the suggest "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 writing exercises based on recommended text

## **Discipline(s)**

Physical Education