

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

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 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 work-outs

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
- D. 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
- E. 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
- F. Identify and describe benefits and value of core work-outs
- 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

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

Method(s) of Instruction

Laboratory, demonstration, skill demonstrations.

Representative Text(s) and Other Materials

Hopson, Janet L., Rebecca J. Donatelle, and Tanya R. Littrell. [Get Fit, Stay Well!](#) 2nd ed. Glenview, IL: Pearson Education, 2013.

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

Optional writing exercises based on recommended text.

Discipline(s)

Physical Education