

PHED 49A: SURVIVOR TRAINING

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 sports fitness drills for increased strength.
- Demonstrate safe and appropriate use of free weights and other strength training apparatus.
- Application of knowledge

Description

Intended for the average group exercise participant, using sports fitness drills and functional training to develop footwork, anaerobic and aerobic conditioning, muscular strength and power.

Course Objectives

The student will be able to:

- understand the benefits of group exercise training techniques to develop anaerobic and aerobic conditioning
- understand the difference between training muscles and training movements
- develop and achieve six-week and 12-week fitness goals
- execute drills with proper biomechanics
- demonstrate the progressions and modifications for group fitness drills

Course Content

- Understand benefits of group exercise training
 - warm-up
 - footwork and reaction
 - partner drills
 - relay drills
- Training muscles and training movements
 - balance
 - core body
 - speed ladder
- Fitness goals
 - long-term vs. short-term goals
 - commitment to lifestyle changes
 - measurement of goals
 - support team
- Biomechanics
 - motor skill development

- technique
- progressions and modifications
 - measuring intensity
 - integration of nervous and muscular systems
 - group dynamics

Lab Content

- Understand benefits of group exercise training
- Training muscles and training movements
- Fitness goals
- Biomechanics
- Measuring intensity
- Integration of nervous and muscular systems
- Group dynamics

Special Facilities and/or Equipment

- Athletic shoes and gym.
- 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

- Writing assignments
- Skill demonstration
- Journal entries
- Quizzes

Method(s) of Instruction

- Individual and team verbal critiques
- Improving cardiovascular and muscle endurance, as measured by intensity and time
- Individual improvement by participation
- Written evaluation of student goals and achievement

Representative Text(s) and Other Materials

Oliver, Alise M. [The Trainer's Big Book of Bootcamps: Ready-Made Workouts for Your Bootcamp or Group Fitness](#). CreateSpace Independent Publishing Platform, 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