

# PHED 49B: BOOT CAMP TRAINING

## 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

- Analyze the components for a complete fitness program
- Customize fitness program to meet individual needs and ability

## Description

Group training using functional fitness activities to develop core strength, cardiovascular conditioning, and muscle strength and power.

## Course Objectives

The student will be able to:

- Demonstrate proper warm-up and cool down techniques to enhance fitness development
- Increase core strength and endurance
- Develop quarterly and annual fitness goals
- Execute drills with proper biomechanics
- Understand the principles and benefits of group exercise training

## Course Content

- Demonstrate warm-up and cool down techniques to enhance fitness development
  - Pre-exercise cardio warm-up
  - Flexibility training
  - Floor work
  - Breathing techniques
- Increase core strength and endurance
  - Balance
  - Core body
  - Speed ladder
  - Medicine balls
  - Light weights
- Develop quarterly and annual fitness goals
  - Long-term vs. short-term goals
  - Commitment to lifestyle changes

- Goal measurement and record keeping
  - Support team
- Execute drills with proper biomechanics
    - Motor skill development
    - Techniques
    - Modifications
  - Principles and benefits of group exercise training
    - Partner drills
    - Relay exercises
    - Team play and support

## Lab Content

- Demonstrate warm-up and cool down techniques to enhance fitness development
- Increase core strength and endurance
- Develop quarterly and annual fitness goals
- Execute drills with proper biomechanics
- Principles and benefits of group exercise training

## Special Facilities and/or Equipment

- Athletic shoes, athletic attire, workout mat.
- Access to gym/open space, medicine balls, ropes, jump ropes, free weights.
- 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:

Written evaluation of student goals and achievements  
Individual improvement through participation  
Team verbal critiques

## Method(s) of Instruction

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

Laboratory course  
Skill demonstrations

## Representative Text(s) and Other Materials

Oliver, Alise. [The Trainer's Big Book of Bootcamps: Ready-Made Workouts for Your Bootcamp or Group Fitness Class](#). 2016.

Although this text is older than the suggested "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

- Optional reading and writing assignments as recommended by instructor

## **Discipline(s)**

Physical Education