

## COLLEGE OF SAN MATEO

## COURSE OUTLINE

COURSE TITLE WEIGHT CONDITIONING FOR TRACK DEPT./NUMBER FITN 215  
 UNITS OF CREDIT 1-2 LEC. HOURS/WEEK \_\_\_\_\_ COURSE LENGTH 1 semester  
 DEGREE APPLICABLE X LAB. HOURS/WEEK 2-4  
 NON-DEGREE APPLICABLE \_\_\_\_\_ OTHER HOURS/WEEK \_\_\_\_\_

1. CATALOG DESCRIPTION

A weight conditioning course designed for the individual development of the 18 different events in Track and Field.

2. CLASS SCHEDULE DESCRIPTION (125 characters)

Individual conditioning techniques for advanced athletes. Open entry/open exit. Variable Units.

3. PREREQUISITES AND COMPETENCY LEVELS REQUIRED (Title 5 Plan, p. 19)

Participation in Intercollegiate Track and Field.

4. COURSE OBJECTIVES (Must include objective(s) which involve "critical thinking," Title 5 Plan, p. 20.)

see attached sheet

5. RECOMMENDED TEXT MATERIALS

none

6. SUPPLIES NEEDED

none

7. SCOPE OF THE COURSE (Attach topical outline)

see attached sheet

8. EVALUATION (Include examinations, skills demonstrations, writing assignments, and other measures of ability to apply critical analysis. Include standards of evaluation where appropriate. Examples to be on file in Division Office.)

Maximum lifts 4 times a semester.  
 Attitude and attendance

PREPARED BY:

BOB RUSH

## **COURSE OBJECTIVES**

### **Weight Conditioning For Varsity Track      FITN 215**

#### **General:**

1. To develop strength, flexibility, and range of motion which can be applied to the various track and field events.
2. To develop neuro-muscular coordination and cardiovascular efficiency.
3. To develop a student/athlete-coach relationship that can help in the guidance of the student/athlete for athletic competition as well as education in general.
4. To acquire information of basic physiological body functions and be able to discuss and determine proper dietary needs for specific types of muscular development.
5. To acquire information necessary to determine the proper choice to avoid drugs that may enhance performance but will a detriment to the health and well being of the student/athlete.

#### **Specific:**

1. To develop increase strength and muscle mass necessary for high performance in the throwing events such as the Shot Put, the Discus, the Hammer and the Javelin.
2. To develop strength without increase in general muscle mass for the distance events such as the 800 meter, the 1500 meters and the 5K and 10K runs.
3. To develop speed, strength and flexibility for the horizontal and vertical events such as the Long Jump and Triple Jump as well as the High Jump and Pole Vault.
4. As a preventative measure to avoid injury through strength and flexibility.