

COLLEGE OF SAN MATEO

COURSE OUTLINE

COURSE TITLE Weight Conditioning for Football DEPT./NUMBER FITN 220
 UNITS OF CREDIT 1-3 LEC. HOURS/WEEK _____ COURSE LENGTH 1 semester
 DEGREE APPLICABLE X LAB. HOURS/WEEK 2-6
 NON-DEGREE APPLICABLE _____ OTHER HOURS/WEEK _____

1. CATALOG DESCRIPTION

Two to Six lab hrs per wk. Prerequisite: Varsity football candidate. Course is designed to teach students to use overload weight training to build bulk and strength. Students will work on major muscle groups, with emphasis on legs and upper body development.

2. CLASS SCHEDULE DESCRIPTION (125 characters)

Course designed for varsity sports candidates; teaching students to use overhead weight training to build bulk and strength.

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

Varsity football candidate.

4. COURSE OBJECTIVES (Must include objective(s) which involve "critical thinking,"

Title 5 Plan, p. 20.)

1. To increase strength & weight of individual muscle systems by use of overload wgt. training.
2. To improve endurance, strength, flexibility and coordination.
3. To improve muscle strength and endurance.
4. To teach safety factors related to use of weight training equipment.
5. To teach advantage and values of weight conditioning.
6. To provide knowledge of flexibility exercises and endurance running.

5. RECOMMENDED TEXT MATERIALS

None

6. SUPPLIES NEEDED

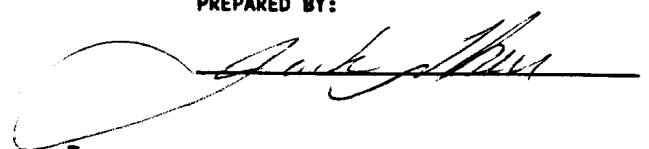
sweat clothes and football shoes

7. SCOPE OF THE COURSE (Attach topical outline)

Provide a weight conditioning program for students who wish to increase strength and bulk in order to improve techniques relative to football.

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.)

PREPARED BY:



Instructions on the reverse side . . .

FITN 220 - WEIGHT COND. FOR FTBL

Course Outline

1st week:

- a) Course orientation
- b) Demonstration of techniques involved for each lift.
- c) Instruction on safety and spotting skills.

2nd week:

- a) Work with lighten weight to perfect techniques that are used with each individual lifts.

3rd week:

- a) Establish maximums for the individual lifts to be used.
- b) Lifts are:
 1. Bench Press
 2. Push Press
 3. Squat
 4. Clean
 5. Incline Press
- c) Alternate lifts are:
 1. Leg Extension
 2. Leg Curl
 3. Neck

4th week:

- a) Program will be 3 repetitions - 3 sets.

5th week:

- a) Program will be 5 repetitions - 5 sets.

6th week:

- a) Program will be pyramid:
5 reps - 4 sets - 3 sets - 2 sets - 1 reps.
- b) Will retest maximums.

7th week:

a) 3x3

8th week:

a) 5x5

9th week:

a) Pyramid

b) Retest (Mid-term)

10th week:

a) 3x3

11th week:

a) 5x5

12th week:

a) Pyramid

b) Retest

13th week:

a) 3x3

14th week:

a) 5x5

15th week:

a) Pyramid

b) Retest

16th week:

a) 3x3

17th week:

5x5

18th week:

a) Pyramid

b) Retest (Final)