

College of San Mateo

Course Outline

- New Course
 Update/No change
 Course Revision (Minor)
 Course Revision (Major)

Date: 03-26-07

Department: Varsity **Number:** 134
Course Title: Defensive Varsity Football Lab **Units:** .5-3.0
Hours/Week: **Lecture:** **Lab:** 2-9 **By Arrangement:** 1

Length of Course

- Semester-long
 Short course (Number of weeks(____))
 Open entry/Open exit

Grading

- Letter
 Credit/No Credit
 Grade Option (letter or Credit/No Credit)

1. **Prerequisite** (Attach Enrollment Limitation Validation Form.)

None

2. **Corequisite** (Attach Enrollment Limitation Validation Form.)

None

3. **Recommended Preparation** (Attach Enrollment Validation Form.)

None

4. **Catalog Description** (Include prerequisites/corequisites/recommended preparation.)

Maintenance weight training program for in-season competition. Emphasis will be on free weights, flexibility exercises, and anaerobic training. Instruction on form, techniques, and muscle development. Participation will increase muscle size, strenght, and endurance. To increase competency, may be taken 4 times for max - 12 units. (UC/CSU)

5. **Class Schedule Description** (Include prerequisites/corequisites/recommended preparation.)

Maintenace weight training program for in-season competition. Emphasis will be on free weights and anaerobic training. Instruction on form, techniques, and muscle development. Participation will increase muscle size, strenght, and endurance. May be repeated three times for competency. (UC/CSU)

6. **Student Learning Outcomes** (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:

- a. Demonstrate proper execution of core lifts
- b. Incorporate flexibility exercises relative to fitness goals
- c. Track lifting performance and record lifting history

- d. Provide feedback to instructor to better facilitate exercise effectiveness
- e. Employ safety procedures

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. If this is the case, please simply indicate this in this section).*

See Attached

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

See attached

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.)

Instructional Methods will include film analysis and study, observation, lecture, and specific drill work.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

Students will be evaluated based on written quizzes, exams, and practical test given to assess ability to perform certain weight lifting exercises.

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Recommended Text: Delavier, Frederic. Strength Training Anatomy. Human Kinetics, 2201

Prepared by:

(Signature)

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Submission Date:
