

College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 201.1 **TITLE:** Weight Training I
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Individual weight conditioning for beginning level students. Emphasis will be on selectorized machines, aerobic training, and stretching routines. Instruction on form, technique, safety, and muscle development. Participation will increase muscle size, strength, and endurance. Body composition assessment and fitness related research support achievement of fitness goals. Co-education class format.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
 2. Demonstrate knowledge of various exercises at a beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 At a beginning level:
 1. Understand the components of a beginning weight training program
 2. Organize all exercise modalities in the most effective order based on individual fitness goals
 3. Provide feedback to instructor to better facilitate exercise effectiveness
 4. Engage in a high repetition, low resistance training program
 5. Understand and engage in a prescriptive weight training program focusing on the core muscle groups
 6. Identify the major muscle groups that make up the core and understand which exercises develop those muscles.
 7. Employ safety procedures

6. **COURSE CONTENT:**
Lecture Content:
 - Safety and biomechanics
 - Review of exercises
 - Basic Anatomy
 - Major muscle groups
 - Minor muscle groups
 - Exercises and the muscle groups they develop
 - Lower body
 - Quadriceps
 - Hamstrings
 - Gastrocnemius
 - Gluteals
 - Upper Body
 - Biceps/Triceps
 - Pectoralis major
 - Pectoralis minor
 - Latissimus dorsi
 - Trapezuis
 - Abdominals
 - Nutrition

- Exercise Physiology
 - DOMS
 - Effects of lactic acid
 - Recovery
- Pyramid
- Overload Principle
- F.I.T. principle

Lab Content:

1. Various weight lifting exercises:
 - A. Selectorized machines
 - B. Cable pulleys
 - C. Whole body movements
2. Safety procedures:
 - A. Lifting mechanics
 - B. Breathing
 - C. Posture and skeletal alignment when engaged
3. Physiology
 - A. Building muscle tone vs. muscle girth
 - B. Core muscles
 - C. F.I.T. Principle
 - D. Cardiovascular supplementation
 - E. Basic nutrition

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration
- H. Other (Specify): Instructor generated handouts and materials will be used to supplement lectures.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Reading Assignments:

Instructor generated handouts

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Performance
- F. Lab Activities
- G. Quizzes
- H. Written examination
 - I. 1. Completion and understanding of division-wide fitness test 2. Understanding of basic anatomy and physiology 3. Knowledge of differences between the aerobic and anaerobic energy sources 4. Knowledge of various exercises and the muscles they develop 5. Ability to prepare and engage in a prescriptive exercise regimen.

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts will be used to supplement lecture materials.

Effective Term: Fall 2016
Course Originator: Mikel Schmidt