College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 201.4 **TITLE:** Weight Training IV
   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 expert level students. Emphasis will be on selectorized machines, aerobic training, free weights, cables, and stretching routines. Instruction on form, technique, safety, and muscle development with more emphasis placed on free weights and Olympic lifts as progression from levels I and II and III. 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 an expert level.
   2. Demonstrate knowledge of various exercises at an expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
   Upon successful completion of this course, a student will be able to:
   At an expert level:
   1. Understand the components of an expert 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 pyramid training and high repetition, low resistance training
   5. Learn how to engage in a "periodized" strength training routine.
   6. Learn how to engage in a prescriptive Olympic Training/lifting routine
   7. Understand and engage in a prescriptive weight training program focusing on the core muscle groups
   8. Identify the major muscle groups that make up the core and understand which exercises develop those muscles.
   9. Employ safety procedures

6. **COURSE CONTENT:**
   Lab Content:
   - Safety and biomechanics
     - Lifting mechanics
     - Breathing
     - Whole body movements
     - Free weights
     - Olympic lifts
   - Review of exercises
   - Basic Anatomy
     - Major muscle groups
     - Minor muscle groups
   - Exercises and the muscle groups they develop
     - Lower body
       - Quadricpes
       - Hamstrings
       - Gastrocnemius/soleus
       - Gluteals

        - Adductors/abductors
    - Upper Body
        - Biceps/Triceps/Forearms
        - Pectoralis
        - Latissimus dorsi
        - Trapezuis
        - Abdominals
        - Low back extensors
        - Deltoids
- Nutrition
- Exercise Physiology
    - DOMS
    - Effects of lactic acid
    - Recovery
    - Building muscle tone vs. muscle size
    - Core muscles
    - F.I.T.T. Principle
    - Cardiovascular supplementation
    - Pyramid
- Overload Principle
- F.I.T.T principle
- Various weight lifting exercises
    - Selectorized machines
    - Cables
    - Whole body movements
    - Free weights
    - Olympic lifts

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
   Typical methods of instruction may include:
   A. Lecture
   B. Lab
   C. Activity
   D. Critique
   E. Directed Study
   F. Discussion
   G. Individualized Instruction
   H. Observation and Demonstration

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

10. **REPRESENTATIVE TEXT(S):**
    Possible textbooks include:
    A. Delavier, F.. *Strength Training Anatomy Workout*, 1st ed. Paris: Human Kinetics, 2011

Curriculum Committee Approval Date: December 2016
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Course Originator: Mikel Schmidt