

College of San Mateo

Course Outline

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

Date: 9/24/2008

Department: Fitn.

Number: 201

Course Title: Beginning Weight Training

Units: .5 or 1.0

Total Semester Hours: Lecture:

Lab: 24 or 48

Homework:

By Arrangement:

Length of Course

- ☒ Semester-long
☒ Short course (Number of weeks 6-8)
☐ Open entry/Open exit

Grading

- ☐ Letter
☐ Pass/No Pass
☒ Grade Option (letter or Pass/No Pass)

1. Prerequisite (Attach Enrollment Limitation Validation Form.)

2. Corequisite (Attach Enrollment Limitation Validation Form.)

3. Recommended Preparation (Attach Enrollment Validation Form.)

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

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. (CSU/UC)

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

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. (CSU/UC)

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. Understand the components of a beginning weight training program

- b. Incorporate aerobic equipment into their exercise program
- c. Incorporate flexibility exercises relative to fitness goals
- d. Organize all exercise modalities in the most effective order based on individual fitness goals
- e. Provide feedback to instructor to better facilitate exercise effectiveness
- f. Engage in a high repetition, low resistance training program
- g. Understand and engage in a prescriptive weight training program focusing on the core muscle groups
- h. Identify the major muscle groups that make up the core and understand which exercises develop those muscles.
- f. 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).*

Same as SLO's.

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.)

I. Various weight lifting exercises:

- a. Selectorized machines
- b. Cable pulleys
- c. Whole body movements

II. Aerobic exercises:

- a. Stairmaster
- b. Elliptical
- c. Recumbent bike
- d. Upright bike
- e. Jump-rope
- f. Stair climbing
- g. Walking/Jogging

III. Flexibility exercises:

- a. Multi joint stretches
- b. Single joint stretches
- c. Dynamic stretching
- d. Static stretching
- e. Progressive stretch

IV. Safety procedures:

- a. Lifting mechanics
- b. Breathing
- c. Posture and skeletal alignment when engaged

V. Physiology

- a. Building muscle tone vs. muscle girth
- b. Core muscles
- c. F.I.T. Principle
- d. Cardiovascular supplementation
- e. Basic nutrition

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.) If hours by arrangement are required by this course, indicate the additional instructional activity which will be provided during this time.

Instructor generated handouts and materials will be used to supplement lectures.

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 in the following areas:

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.

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

Instructor generated handouts will be used to supplement lecture materials.

Prepared by:

(Signature)

Email address:

Submission Date:
