

College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 220 **TITLE:** Weight Conditioning for Varsity Football
Units: 0.5 -2.0 units **Hours/Semester:** 24.0-108.0 Lab hours
Method of Grading: Letter Grade Only

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Recommended only for Varsity Football candidates. Designed to teach students to use overload weight training to build bulk and strength. Students work on major muscle groups, emphasizing leg and upper-body development. May be taken four times for a maximum of 8 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength, endurance, and aerobic capacity
2. Demonstrate knowledge of various weight conditioning exercises.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. To increase strength of individual muscle systems by use of overload weight training.
2. To improve endurance, strength, flexibility and coordination;
3. To improve muscle strength and endurance.
4. Understand safety factors related to use of weight training equipment.
5. Understand advantage and values of weight conditioning.

6. **COURSE CONTENT:**

Lab Content:

- Course orientation
- Demonstration of techniques involved for each lift.
- Instruction on safety and spotting skill.
- Work with light weight to perfect techniques that are used with each individual lift.
- Establish maximums for the individual lifts to be used.
 1. Lifts are:
 - A. Bench Press
 - B. Push Pres's
 - C. Squat
 - D. Clean
 - E. Incline Press
 2. Alternate lifts are:
 - A. Leg Extension
 - B. Leg Curl
 - C. Neck
- Program will be 3 repetitions - 3 sets, 5 repetitions - 5 sets, or pyramid: 5 reps: 3 - 4 sets- 3 sets - 2 sets - 1 set depending on the training phase.
- Retests will be administered periodically throughout the semester

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:

Writing Assignments:

Individual journals kept for monitoring progress and determining appropriate adjustments to maximize physiological adaptations.

Reading Assignments:

Instructor generated hand-outs to clarify safety and technique

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 Class Performance
- F. Final Performance
- G. Lab Activities
- H. Portfolios
- I. Quizzes
- J. Written examination

10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Price, Rob. *The Ultimate Guide to Weight Training for Football*, 4th ed. Chicago, Ill: Price World Publishing, 2012

Other:

- A. Instructor generated handouts.

Origination Date: February 2017
Curriculum Committee Approval Date: March 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf