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

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 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
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:


Origination Date: October 2014
Curriculum Committee Approval Date: December 2014
Effective Term: Fall 2015
Course Originator: Andreas Wolf