

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 135 **TITLE:** Advanced Football and Conditioning

Units: 0.5 -2.5 units **Hours/Semester:** 24.0-135.0 Lab hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Recommended Preparation:

Interscholastic varsity football experience or equivalent.

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:

Course designed to develop the physiological conditioning of students currently involved in the intercollegiate football program. Emphasis will be placed on resistance training, cardiovascular conditioning, speed and agility. Stresses conditioning necessary to play the game and to achieve life-long health goals.

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 of the following: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity.
2. Understand the values of resistance training for athletic performance and lifelong health goal.
3. Understand the basic nutritional concepts necessary for athletic training, performance and lifelong health.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Master resistance training skills for both athletic performance and lifelong health.
2. Understand and master nutritional components necessary for athletic performance and lifelong health.
3. Understand the principles behind functional training.
4. Understand the benefits of engaging in agility drills to augment cardiovascular and resistance training exercises.
5. Engage in a safe, effective regimented exercise program.

6. **COURSE CONTENT:**

Lab Content:

1. Safety procedures
 - A. Technique
 - B. Spotting
2. Resistance training
 - A. Upper body
 - B. Lower body
3. Cardiovascular conditioning
4. Plyometric Training
5. Agility Training
6. Nutrition

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lab
- B. Activity
- C. Critique
- D. Directed Study
- E. Discussion
- F. Individualized Instruction

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Students will be required to keep a journal of their nutritional intake throughout the semester.

Reading Assignments:

Instructor generated hand-outs on pertinent topics associated with the course.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Final Performance
- D. Portfolios
- E. Quizzes
- F. Written examination

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts to supplement instruction.

Origination Date: February 2017

Curriculum Committee Approval Date: April 2017

Effective Term: Fall 2017

Course Originator: Andreas Wolf