

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** VARS 134 **TITLE:** Defensive Varsity Football Lab
Units: 0.5 - 3.0 units **Hours/Semester:** 24.0-162.0 Lab hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

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:

Maintenance weight training program for in-season competition. Emphasis will be on free weights, flexibility exercises, and anaerobic training. Instruction on form, techniques, and muscle development. Participation will increase muscle size, strength, and endurance. May be taken four times for a maximum of 12 units.

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

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

1. Demonstrate proper execution of core lifts
2. Incorporate flexibility exercises relative to fitness goals
3. Track lifting performance and record lifting history
4. Provide feedback to instructor to better facilitate exercise effectiveness
5. Employ safety procedures

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Demonstrate proper execution of core lifts
2. Incorporate flexibility exercises relative to fitness goals
3. Track lifting performance and record lifting history
4. Provide feedback to instructor to better facilitate exercise effectiveness
5. Employ safety procedures

6. **COURSE CONTENT:**

Lab Content:

- Various weight lifting exercises:
 1. Olympic lifts
 2. Bar-Bell free-weights
 3. Dumb-bell free weights
 4. Cable pulleys
 5. Whole body movements
- Anaerobic exercises:
 1. Sprints
 2. Plyometrics
 3. Agility Exercises
 4. Reaction Drills
- Flexibility exercises:
 1. Multi joint stretches
 2. Single joint stretches
 3. Dynamic stretching
 4. Static stretching
 5. Progressive stretch
- Safety procedures in the fitness facility:
 1. Safety collars on weight bars

2. Proper attire
3. Knowledge of emergency exits
4. Telephone access
5. Use of spotting partners

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. Guest Speakers
- H. Individualized Instruction
- I. Other (Specify): Instructional Methods will included film analysis and study, observation, lecture, and specific drill work.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Daily journal kept on strength gains

Reading Assignments:

Instructor generated hand outs

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. Portfolios
- H. Quizzes
- I. Written examination
- J. Students will be evaluated based on written quizzes, exams, and practical test given to assess ability to perform certain weight lifting exercises.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Palmieri, J. and D. Krein, Editors. *Strength Training for Football*, ed. Human Kinetics, 2019
- B. Delavier, Frederic. *Strength Training Anatomy*, ed. Human Kinetics, 2013

Other:

- A. Instructor generated handouts

Origination Date: November 2021
Curriculum Committee Approval Date: January 2022
Effective Term: Fall 2022
Course Originator: Hansen Sekona