

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; 24.0-108.0 Total Student Learning 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. Lab

- B. Activity
- C. Critique
- D. Directed Study
- E. Discussion
- F. Individualized Instruction
- G. 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. Palmieri, Jerry; Krein, Darren; Coughlin, Tom. *Strength Training for Football*, 1st ed. Chicago: Human Kinetics, 2019

Other:

- A. Instructor generated handouts.

Origination Date: February 2024

Curriculum Committee Approval Date: March 2024

Effective Term: Fall 2024

Course Originator: Timothy Tulloch