

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** FITN 225    **TITLE:** Athletic Conditioning  
**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:**  
    Prepares student athlete for varsity-level competition through general and sport specific strength and conditioning exercise. Student athletes engage in general and sport specific strength development, stretching, aerobic conditioning, sport specific movement and speed 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. Increase strength and weight of individual muscle systems by use of overload weight training
  2. Improve endurance, strength, flexibility and coordination
  3. Understand safety factors related to use of weight training equipment
  4. Understand and apply knowledge of flexibility exercises
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Demonstrate greater strength by lifting more weight in selected general and sport specific weight conditioning exercises.
  2. Demonstrate greater flexibility.
  3. Demonstrate the ability to jump further in the standing long jump and higher in the standing jump reach tests.
  4. Demonstrate the ability to run faster.
  5. Design a program of self-directed athletic training that incorporates the outcomes of this class.
  6. Demonstrate proper safety and training mechanics.
  
6. **COURSE CONTENT:**  
**Lab Content:**
  1. Muscular endurance and strength
    - A. Overload principle - optimizing strength gains
    - B. Resistance training
      - a. High reps, low weights (muscular endurance)
      - b. Low reps, high weight (muscular strength gains)
    - C. Hypertrophy
  2. Cardiovascular endurance
    - A. Long term running
    - B. Short-term running
  3. Plyometrics
    - A. Leaping
    - B. Foot speed
    - C. Agility work
  4. Flexibility
    - A. Lower body
    - B. Upper body

## 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): 1. Lecture and demonstration by instructor and advanced students on weight training safety (outcome 6). 2. Lecture and demonstration by instructor and advanced students on proper weight training mechanics (outcome 6). 3. Guided practice and positive reinforcement (outcomes 1,2,3,4,5, and 6) 4. Student demonstration of safe lifting techniques (outcome 6) 5. Student performance of weight training and conditioning activities (outcomes 1,2,3,4, and 5)

## 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

Cardiovascular gains

Nutrition

### Reading Assignments:

Instructor generated handouts

## 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. Portfolios
- G. Written examination
- H. 1. Evaluation is based on student improvement from pre-course and exit testing in selected weight lifts, 40 yard run, standing long jump and standing high jump and 1.5 mile run. 2. Attendance and attitude. 3. Quiz on basic training principles. 4. Evaluation of techniques demonstrated by the student.

## 10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts

**Origination Date:** November 2021

**Curriculum Committee Approval Date:** December 2021

**Effective Term:** Fall 2022

**Course Originator:** Michael Marcial