

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** VARS 133 **TITLE:** Offensive 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 P/NP)

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, technique, and muscle development. Participation will increase muscle size, strength, and endurance.

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

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

1. Improve fitness level.
2. Demonstrate knowledge of sport.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Optimize workouts to effectively produce muscular hypertrophy
2. Understand safety procedures
3. Engage in both aerobic and anaerobic muscular development

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. Observation and Demonstration
- J. Other (Specify): Instructional Methods will include 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 journals kept on:

Resistance training gains

Body fat composition (weekly)

Aerobic training gains

Reading Assignments:

Instructor generated handouts

To be Arranged Assignments:

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 a practical test given to assess ability to perform certain weight lifting exercises.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Delavier, Frederic. . *Strength Training Anatomy*, ed. Human Kinetics, 2001

Other:

- A. Instructor generated handouts

Origination Date: April 2015
Curriculum Committee Approval Date: May 2015
Effective Term: Spring 2016
Course Originator: Andreas Wolf