

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** ATHL - 122A3

2. **Title:** Progressive Weight Training

3. **Cross Reference:**

4. **Units:** 1

Lec Hrs:

Lab Hrs: 3

Tot Hrs: 54.00

5. **Repeatability:** Yes Times:3

6. **Grade Options:** Letter Grade, May
Petition for Pass/No Pass (GP)

7. **Degree/Applicability:**

Credit, Degree Applicable, Transferable
- CSU (T)

8. **General Education:**

9. **Field Trips:** Not Required

10. **Requisites:**

Advisory

Medical clearance within the past year.

12. **Catalog Description:**

Set in the fitness lab, this course includes the use of free weights, machine weights and lifting platforms to develop and improve muscular strength and endurance.

13. **Class Schedule Description:**

Designed for the athlete to focus on progressing through a muscular strength and endurance routine.

14. **Counselor Information:**

Fitness class for the athlete where they can improve their muscle strength and endurance

II. Student Learning Outcomes

The student will:

1. Demonstrate an understanding of the general principles of both muscular strength and muscular endurance
2. Demonstrate proper form when using either free weights or machines.

III. Course Outline:

- A. Daily stretching and understanding the principles and benefits associated with a pre and post warm-up and cool down.
- B. Progression and what that means.
- C. Strength-training programs for athletes. (Specific for each sport).
- D. Strength-training programs to increase muscle mass.

IV. Course Assignments:

A. Reading Assignments

B. Projects, Activities, and other Assignments

1. Muscular goal setting

C. Writing Assignments

V. Methods of Evaluation/Assessment:

- A. Marked improvement between the pre and post max test.
- B. Marked improvement between the pre and post muscular endurance test.

VI. Methods of Instruction:

- A. Laboratory
- B. Discussion
- C. Demonstration
- D. Collaborative Learning

VII. Textbooks:

Recommended

Supplemental

VIII. Supplies:

CID 3112