

**OHLONE COLLEGE**  
**Ohlone Community College District**  
**OFFICIAL COURSE OUTLINE**

**I. Description of Course:**

1. **Department/Course:** ATHL - 112A3

2. **Title:** Advanced Strength 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 last year.

12. **Catalog Description:**

This activity class is designed to assist the student athlete with advanced strength training techniques for personal muscular development.

13. **Class Schedule Description:**

Advanced strength development for the athlete. Take your body to the next level.

14. **Counselor Information:**

This is an excellent course for the serious student interested in improving his/her muscular fitness. This course can be used toward the fulfillment of the PE requirement for the Associate degree.

**II. Student Learning Outcomes**

The student will:

1. Demonstrate the principles and concepts involved in strength training.
2. Develop an individual program for improved muscular development.

**III. Course Outline:**

A. Introduction

1. Review Muscles of Body and Their Function
2. Safety
3. Pre-test of Strength

B. Instruction on Developing Size and Strength through Bulk Strength Training Program

1. Practical Application and Testing

C. Instruction on Power Lifting Techniques

1. Practical Application and Testing

D. Instruction on Speed Training Technique

1. Practical Application and Testing

E. Development of Personal Program

1. Instructor Approval and Application

**IV. Course Assignments:**

- A. Reading Assignments
- B. Projects, Activities, and other Assignments
  - 1. Technique demonstration
- C. Writing Assignments

**V. Methods of Evaluation/Assessment:**

- A. Muscular endurance and strength improvement through pre- and post-testing.

**VI. Methods of Instruction:**

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

**VII. Textbooks:**

Recommended

Supplemental

**VIII. Supplies:**

CID 3111