



**EL CAMINO COLLEGE**  
**COURSE OUTLINE OF RECORD – Approved**

**I. GENERAL COURSE INFORMATION**

**Subject and Number:** Physical Education 54C  
**Descriptive Title:** Advanced Weight Training  
**Course Disciplines:** Physical Education  
**Division:** Health Sciences and Athletics

**Catalog Description:**

This course offers advanced instruction in the theory and techniques of progressive resistance exercise training and program design. Course content builds upon the information covered in PE 54B with the addition of functional flexibility and plyometric training and the application of balance, speed, and agility specific to performance.

**Conditions of Enrollment:**

**Recommended Preparation:** Physical Education 54B

**Course Length:**  Full Term **Other (Specify number of weeks):**  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:** No **Effective Date:**  
**Transfer UC:** No **Effective Date:**

**General Education:**  
**El Camino College:**  
**CSU GE:**  
**IGETC:**

## II. OUTCOMES AND OBJECTIVES

### A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will assess current fitness levels in muscular strength and develop programs to improve fitness level using advanced lifting.
2. Students will differentiate between weightlifting, powerlifting, and strength training.
3. Students will assess current level of body fat percentage and develop a program to decrease body fat percentage and improve lean body mass.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

### B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate proper technique for advanced lifts using the rack and platform.  
Class performance
2. Identify and apply the concepts of the general adaptation syndrome as it relates to physical conditioning.  
Essay exams
3. Evaluate and apply sample training programs used in athletic programs.  
Performance exams
4. Apply knowledge of laws of specificity in developing training programs aimed at performance enhancement.  
Class performance
5. Demonstrate proper fundamentals of plyometric, explosive training, and speed development.  
Performance exams
6. Assess proper nutrition and hydration to improve lean body mass.  
Essay exams

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	5	I	Course Orientation and Requirements A. Review weight room safety and etiquette specific to barbells, dumbbells, bumpers, racks, and platforms. B. Review flexibility modalities C. Progressive warm-up, mobility, and joint openers specific to injury prevention.
Lab	6	II	Overview A. Advanced weight training using complex compound movements B. General Adaptation Syndrome and HIIT training C. Training Laws of overload and specificity D. Differentiation between weight lifting, powerlifting, and strength training
Lab	3	III	Progression exercises for the body suspension trainers A. TRX B. Hangar 44 C. Rings
Lab	5	IV	Assessments for muscle strength, endurance, power, flexibility, and body composition A. Pre, mid, and posttest assessments
Lab	10	V	Basic plyometric, explosive training, balance, and speed development A. Jumping, bounding, and vertimax B. Sled and prowler C. Agility ladder, hurdles, parachutes
Lab	4	VI	Developing programs for specific sport training A. Ball sports B. Water sports C. Track and Field
Lab	18	VII	Progressive training specific to individual needs and goals A. Sets, reps, intensity, rest B. Macro, microcycles, triphasic training
Lab	3	VIII	Nutrition and supplements A. Macronutrients B. Micronutrients C. Supplements and ergogenic aids
<b>Total Lecture Hours</b>			
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

**IV. PRIMARY METHODS OF EVALUATION AND SAMPLE ASSIGNMENTS**

**A. PRIMARY METHOD OF EVALUATION**

Skills demonstrations

**B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION**

Demonstrate two compound lifts from basic to progression using body weight or pvc, barbell, kettlebell, and TRX.

**C. COLLEGE LEVEL CRITICAL THINKING ASSIGNMENTS**

1. Describe a progressive triphasic training program for a football preseason player. Include the days per week, specific exercises, sets, reps, rest, and load.
2. Describe a four days per week speed, agility, and explosive training program for an athlete. You pick the sport, include technique, drill, time/distance, sets, reps, and rest.

**D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Class Performance  
Objective Exam  
Performance Exams  
Essay Exams  
Fieldwork  
Journal kept throughout course  
True/False  
Matching Items  
Multiple Choice  
Other (specify)

**V. INSTRUCTIONAL METHODS:**

Group Activities  
Lab  
Discussion  
Guest Speakers  
Multimedia presentations  
Field trips  
Demonstration  
Other (specify)

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instructional delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS:**

Course is lab only - minimum required hours satisfied by scheduled lab time

**Estimated Study Hours Per Week: 0**

**VII. TEXTS AND MATERIALS**

**A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

This is an activity class, therefore not book is required.

**B. REQUIRED TEXTS (title, author, publisher, year)**

**C. REQUIRED SUPPLEMENTARY READINGS**

**D. OTHER REQUIRED MATERIALS**

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisite/s (Course and Non-Course Prerequisite/s and Corequisite/s). Add rows as needed.**

Requisites	Category and Justification

**B. Requisite Skills**

Requisite Skills

**C. Recommended Preparations (Course and Non-Course) Add rows as needed.**

Recommended Preparation	Category and Justification
PE54B	Course

**D. Recommended Skills.**

Recommended Skills
Ability to identify and select exercises and training protocols to optimize weight and fitness goals at a more advanced level. <b>PE 54B:</b> Choose exercise and training protocols to optimize goals specific to weight loss, weight gain, explosive training, training for strength and power, and muscle endurance.

**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by: Danielle Roman 3/20/2019

BOARD APPROVAL DATE: 6/17/2019

LAST BOARD APPROVAL DATE:

Last Reviewed and/or Revised by