Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Serinna Eason **Date:** 11/12/2020

Department	Subject	Course Number	Title
Physical Education	Physical Education PE	114C	Powerlifting

Units/Hours

Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
Each laboratory unit requires 3 hours per week of class time.
Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00

Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00

Lab Homework Hours
0

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

This course is designed to meet the objectives for Area E (Physical Education and Healthful Living) by preparing students to understand themselves as physical, social, and psychological beings and includes an emphasis on self-development throughout lifeâ€™s stages. This course will allow students to: GELO1 exhibit and value the impact of lifestyle behaviors on human health and wellness which comes through the development of strength and power; GELO3: One of the objectives of PE114C is for students to evaluate their own dietary and exercise patterns; GELO4: Throughout the course students will develop their own personalized plan to meet their personal health and wellness goals and/or the goals of others

Maximum Enrollment: 32

Maximum Enrollment Justification: Justification:

Grading Method: Letter Grade or P/NP

TOP code: 0835.10

Can be Taken 1 **time(s) for credit** (max 4)

- [ ] - Visual or Performing Arts course that is required to meet major requirements for UC/CSU
- [ ] - Intercollegiate athletics course
- [ ] - Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(**75 words** or less in gray box below).

This course introduces basic weight training principles specifically used for powerlifting. Students will be instructed in the proper protocols to successfully execute basic explosive and powerlifting exercises. Nutritional factors related to strength and fitness performance will be identified and applied to the individual needs of each student. Daily record keeping- evaluation and measurement will be implemented to ensure success in meeting course objectives.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(**25 words** or less in gray box below).

This course will provide the opportunity to increase power and strength by introducing and implementing basic explosive and powerlifting exercises.

Need for the course:

This course will diversify department offerings within the fitness category of the physical education program while meeting student demand. This addition also meets the objectives of the departmentâ€™s program review.This course may be used to fulfill the requirement needed to receive an AA in Physical Education and the AA.T in Kinesiology.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Identify and name all equipment used in powerlifting.
2. Demonstrate the proper use of the equipment in the facility.
3. Develop training sessions which incorporate correct lifting and safety techniques.
4. Experiment with differing powerlifting training programs that will meet the individualâ€™s personal goals.
5. Evaluate progress in class through strength testing and demonstration.
6. Design and apply a diet incorporating proper nutritional principles that will aid in the development of strength and power.
7. Identify and apply basic anatomy used in lifting.
8. Exhibit proper weight room etiquette and safety.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab course only.

Lab Content:

(please number the outline of main topics and subtopics)

1. History of Power Lifting
    1. Egyptian, Chinese, Greek
    2. Organized weight lifting competitions
    3. Olympic history
    4. Weight Divisions
    5. Established disciplines
2. Review of Basic Weight training concepts
    1. Sets & Repetitions
    2. Differences between muscular endurance, strength and general fitness
    3. Proper Technique
        1. stance
        2. balance
        3. position
        4. weight loading
        5. range of motion
    4. Basic Muscle Anatomy
    5. Free-Weight Equipment
        1. dumbbells
        2. barbells
        3. cable driven equipment
        4. medicine ball
        5. squat rack
        6. weight plates
3. Weight Training Principles
    1. FITT (frequency, intensity, time, type)
    2. Progressive Overload
    3. Individuality and Specificity
    4. Adaption
4. Etiquette, Safety and Technique Fundamentals
    1. Proper execution and lifting techniques for each exercise.
    2. Using the equipment safely
        1. correct transporting of weights
        2. safety clips and locks
        3. racking weights
        4. lifting belts
    3. Spotting techniques.
    4. Proper clothing and shoes

5. Guidelines for proper warm-up and cool down
    1. Cardio warm-up
        1. Walk
        2. Jog
        3. Stair Stepper
        4. Bike
        5. Elliptical machine
        6. Jump Rope
        7. light weight repetitions
    2. Stretch
        1. Static Stretch
        2. Dynamic Stretch
        3. Main muscle groups involved:
            1. quadriceps
            2. hamstrings
            3. groin
            4. lower back
            5. triceps
            6. pectorals
        4. Secondary muscle groups involved:
            1. calves
            2. neck
            3. biceps
            4. forearms
            5. upper back
            6. shoulders
6. Types of Power Lifting Exercises
    1. Back Squat
    2. Front Squat
    3. Clean Pull
    4. Hang Clean
    5. Power Clean
    6. Squat Clean
    7. Split Jerk
    8. Clean and Jerk
    9. Snatch Pull
    10. Power Pull
    11. Power Snatch
    12. Push Press
    13. Overhead Squat
    14. Full Snatch
7. Types of Routines
    1. Initial Training Routine
    2. Five Phase Cycle
    3. Four Phase Cycle
    4. Mini-Cycles
    5. Two-Week Rotation
    6. High/Low Reps Cycle
    7. Low Reps Cycle
    8. Drop Reps Cycle
    9. Descending Reps
    10. Alternate High/Low Reps with Drop Reps
8. Record Keeping
    1. Individual weight lifting program chart for upper and lower body

2. Nutritional records which include student's food diary

9. Assessments
    1. Strength Assessment
    2. Records of individual power lifting program
    3. Student's food diary
    4. Written Exams
    5. Assignments

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture
  Integration: Lecture to identify free-weight lifting equipment used for powerlifting and demonstrate proper use of this equipment while incorporating proper weight room etiquette and safety.
- **Method:** Film/video Viewing and Discussion
  Integration: Film and video viewing that demonstrate proper powerlifting exercises, stretching techniques and safety procedures.
- **Method:** Individualized Instruction
  Integration: Individualized instructions regarding strength testing and the evaluation of individual powerlifing objectives.
- **Method:** Verbal instructions and written handouts reflecting pertinent information regarding proper dietary and nutritional principles enhancing a strength program.
  Integration:
- **Method:** Activity
  Integration: Activities incorporating powerlifting exercises, spotting techniques, and evaluation protocols.
- **Method:** Readings
  Integration: Readings will convey pertinent information regarding proper dietary and nutritional principles enhancing a strength program.
- **Method:** Discussion
  Integration: Discussion of proper lifting techniques with spotting techniques incorporated for safety.
- **Method:** Homework
  Integration: Homework identifying major muscle groups involved in specific powerlifing exercises.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Portfolios
  Integration: Fitness portfolios will assess the five components of fitness by fitness assessments. Muscular strength will be evaluated through a one repetition maximum testing. Cardiorespiratory performance will be measured with the Rockport 1-mile walk/run test. Flexibility will be measured by a sit an reach testing method. Body fat will be measured with an electrical impedance machine.
- **Method:** Class Work
  Integration: Class work will be reflected with individual record keeping which reflects studentsâ€™ ability to update their personal training log, apply knowledge of the different pieces of equipment and adapt their personal work out to improve their strength gains.
- **Method:** Exams/Tests
  Integration: Written Exams will test the studentsâ€™ retention and application of muscle anatomy and dietary principles relating to weight training.
- **Method:** Class Participation
  Integration: Class participation will be evaluated based on the studentâ€™s ability to perform specific powerlifting exercises, correct spotting techniques, successful participation in work out sessions and completing a daily exercise log.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

Assignment #1:

Fitness Assessment Portfolio

You willuse fitness assessments to measure various aspects of your body and its abilities. A fitness assessment identifies your current fitness levels and serves as a baseline, or starting point of your body's fitness. You can use this fitness assessment to figure out your training needs and goals. You then compare your progress over time to the initial fitness assessment.

You will complete three fitness assessments throughout the semester. Each fitness assessment will focus on the five components of fitness. Cardiovasuclar endurnace will be measured by the Rockport one mile test, Muscular strength will be measured by a push-up, plank test or one repitition maximum test, muscular endurance will be measured by a wall-sit test, and body composition will be measured using a bioelectrical impedance device. You are required to complete a Post-Asessment, Midpoint-Assessment, and Final-Assessment.

Assignment #2

Compare and Contrast Powerlifting Exercises

Describe the similarities and differences between the following exercises: 1) power clean; 2) hang clean; 3) power pull; and 4) snatch. Discuss muscle groups used, grip width and placement, initial bar position, feet/body position, the action phases of the exercises and the final bar position.

Textbooks:

- Thomas Baechle & Roger Earle (2020). *Weight Training* Human Kinetics. ISBN: 978-1492501626

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)