

LLS42 : Strength Training for the Older Adult

General Information

Author:	<ul style="list-style-type: none">Maria Czech
Course Code (CB01) :	LLS42
Course Title (CB02) :	Strength Training for the Older Adult
Department:	LLS
Proposal Start:	Summer 2025
TOP Code (CB03) :	(0835.10) Physical Fitness and Body Movement
CIP Code:	(31.0501) Sports, Kinesiology and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000329263
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	LLS 42 helps older students maintain independence in daily activity through a safe and appropriate strength training program. Students will focus on fitness for functional daily activities and discuss the physical and mental changes that happen later in life. Laboratory 48-120 hours. Note: This course is designed for older adults. Note: This course is Pass/No Pass only.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none">Noncredit
Mode of Delivery:	<ul style="list-style-type: none">To-Be-Announced (TBA)
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Older Adults:-Non-Credit
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours

Summary

Minimum Credit Units (CB07) 0

Maximum Credit Units (CB06) 0

Total Course In-Class (Contact) Hours 0

Total Course Out-of-Class Hours 0

Total Student Learning Hours 0

Credit / Non-Credit Options

Course Type (CB04)

Non-Credit

Noncredit Course Category (CB22)

Courses for Older Adults.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Non-Enhanced Funding.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0

Laboratory	0
Studio	0
Total	0

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Minimum

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	48
Total Course Out-of-Class Hours	0
Total Student Learning Hours	48
Faculty Load	48

Detail

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	48	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0

Laboratory	48
Studio	0
Total	48

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 48

Units and Hours: Minimum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Units and Hours: Maximum

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact Hours)	120
Total Course Out-of-Class Hours	0
Total Student Learning Hours	120
Faculty Load	0

Detail

Weekly Student Hours

Course Student Hours

	In Class	Out of Class	Course Duration (Weeks)	18
Lecture Hours	0	0	Hours per unit divisor	54

Laboratory Hours	120	0
Studio Hours	0	0

Course In-Class (Contact) Hours

Lecture	0
Laboratory	120
Studio	0
Total	120

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: Maximum - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Ability to follow instructions and directions.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
-----------------------------------	-------------

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Collaborative Learning

Out of Class Assignments

N/A

Methods of Evaluation

Rationale

Activity (answering journal prompt, group activity)

Pre- and post-activity measurements

Evaluation

Self assessment and evaluation

Textbook Rationale

No Value

Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

No Value

Learning Outcomes

Course Objectives

Identify and apply the components of a comprehensive strength training program.

Understand the principles of fitness.

SLOs

Identify and explain how the various components of the class contribute to their general health and wellness.

Expected Outcome Performance: 70.0

Demonstrate the proper technique and form of the exercises required for the class.

Expected Outcome Performance: 70.0

Course Content

Lecture Content

Components of Strength Training (8-20 hours)

- Overload
- Specificity
- Frequency
- Intensity
- Sets and repetitions
- Progression
- Discuss and demonstrate accommodations for different levels of ability.

Functional Strength Training Program (24-60 hours)

- Muscular strength
- Muscular endurance
- Cardiovascular endurance
- Flexibility
- Body composition
- Functional movement patterns
- Squat, hinge, lunge
- Push, pull
- Rotation, core
- Carries and locomotion

Proper Exercise Techniques and Body Mechanics (8-20 hours)

- Proper breathing technique
- Joint range of motion
- Proper posture and body mechanics
- Balance and coordination

Physical Changes That Occur with Aging (4-10 hours)

- Bone density
- Joint range of motion
- Muscle imbalance
- Balance and coordination

Benefits of Lifelong Participation in a Strength Fitness Program (4-10 hours)

- Improved functional movement and mobility
- Decrease in depression, anxiety and stress
- Increase in energy
- Improved self-image, body image and confidence
- Improved mental acuity
- Improved sense of well being
- Increased independence in daily living activities

Total Hours: 48-120 hours

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Shelley Aronoff (ESL-Noncredit, Noncredit Business & Life Skills)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value