This course is designed to provide students instruction and training to develop strength and muscle power. Students will design a systematic training regime using weight machines and ‘free weights’ (barbells and dumbbells). This class is suited for healthy students of all ages and experience levels, but is not a rehabilitation program. This class is recommended for men and women interested in strength and muscle power training, athletic conditioning, power lifting and body building. UC credit limitations: Any or all of these courses (PE G140, G142, G146, G150, G160, G180, G191, G200) combined--maximum credit, 8 units. UC credit limitations. See counselor.

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. distinguish between the different models of strength, muscle endurance, and power development offered through weight training.
2. evaluate and apply the principles of strength and muscle power development, and prepare a conditioning program based on his or her unique needs.
3. evaluate the strengths or weaknesses of his or her program, based on retesting and readjusting workout plans accordingly.
4. produce a detailed written record of his or her exercising.

COURSE OBJECTIVES:
1. understand and apply the principles of strength and muscle power development and will design a conditioning program based to his/her unique needs.
2. distinguish between the different models of strength, muscle endurance and power development offered through weight training.
3. set personal goals for each muscle group that is being trained in their program.
4. judge the effectiveness of their chosen exercise program.
5. maintain a detailed written record of their exercising in terms of exercises completed, muscle groups being trained, weights lifted, sets completed and repetitions accomplished.
6. evaluate the strengths or weaknesses of their program, based on retesting and readjusting their workout plans accordingly.

COURSE CONTENT:
LECTURE CONTENT:
LABORATORY CONTENT:
1. An orientation to the course
2. A selection of a training model, such as:
   a. Strength training for general physical fitness
   b. Strength training for a specific sport
   c. Muscle power training for general fitness
   d. Muscle power training for a specific sport
   e. Muscle endurance training for general physical fitness
   f. Muscle endurance training for a specific sport
   g. Body building
3. Principles of a proper warm-up
4. Learning a starting training program
5. Principles and techniques for model program development
6. Program monitoring and adjustment.
7. Principles for an effective cool-down.
9. Program evaluation.

METHODS OF INSTRUCTION:
A. Lab:
B. Tutoring – noncredit:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:

Reading Assignments

Instructor prepared materials

Out-of-class Assignments

1. Students will assess their level of fitness through self testing and record their physical fitness changes.
2. Students will monitor their body weight and personal measurements to learn their degree of muscle hypertrophy and muscle tone.

Writing Assignments

Students may maintain a detailed record of their exercise (exercises completed, muscle groups being trained, weights lifted, sets completed and repetitions accomplished).

METHODS OF STUDENT EVALUATION:

Written Assignments

Skills Demonstration

Demonstration of Critical Thinking:

The student will be able to:
1. Describe and interpret their exercise record in terms of their goals and their current state of physical fitness.
2. Make appropriate adjustments to their exercises daily, weekly and monthly.
3. Evaluate the benefits of their chosen exercise program in relation to a life time of physical fitness

Required Writing, Problem Solving, Skills Demonstration:

Students may maintain a detailed record of their exercise (exercises completed, muscle groups being trained, weights lifted, sets completed and repetitions accomplished).

TEXTS, READINGS, AND RESOURCES:

Other:
1. Instructor supplied materials.

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files