This course is designed to provide students instruction and training to develop strength and muscle tone. Students will design a systematic training regime using weight machines and 'free weights' (bar bells and dumb bells). This class is suited for healthy students of all ages and experience levels. UC credit limitations. See counselor.

**CATALOG DESCRIPTION:**

Students will design a systematic training regime using weight machines and 'free weights' (bar bells and dumb bells). This class is suited for healthy students of all ages and experience levels. UC credit limitations. See counselor.

**JUSTIFICATION FOR COURSE:**

**PREREQUISITES:**

**COREQUISITES:**

**ADVISORIES:**

**ASSIGNED DISCIPLINES:**

Physical education

**MATERIAL FEE:** Yes [X] No [ ] Amount: $5.00

**CREDIT STATUS:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**GRADING POLICY:** Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**OPEN ENTRY/OPEN EXIT:** Yes [ ] No [X]

**TRANSFER STATUS:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**BASIC SKILLS STATUS:** Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

**CALIFORNIA CLASSIFICATION CODES:** Y - Not Applicable

**NON CREDIT COURSE CATEGORY:** Y - Not applicable, Credit Course

**OCCUPATIONAL (SAM) CODE:** E

**REPEATABLE ACCORDING TO STATE GUIDELINES:** No [X] Yes [ ] NUMBER REPEATS:

**REQUIRED FOR DEGREE OR CERTIFICATE:** No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development
Kinesiology
Physical Education and Health

**GE AND TRANSFER REQUIREMENTS MET:**

**COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:**

1. judge the effectiveness of his or her chosen exercise program.
2. evaluate goals and progress and modify to increase success.
3. assess and demonstrate proper form at a comfortable weight level.
COURSE OBJECTIVES:
1. understand and apply the principles of strengthening and muscle toning and will design a conditioning program based to his/her unique needs.
2. distinguish between the different models of strength, muscle endurance and toning 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:

A. Introduction
1. Introduction and orientation
2. Class requirements, attendance, recording workouts
3. Workout attire
4. Introduction to equipment
5. Safety and proper procedure to follow during and after workout on the beginner, intermediate, and advanced level of performance
6. Training and exercise heart rates according to age and physical health at the start of the semester

B. Selection of a training model, such as:
1. Strength training for general physical fitness
2. Strength training for a specific sport
3. Muscle endurance training for general physical fitness
4. Muscle endurance training for a specific sport
5. Muscle toning

C. Principles of a proper warm-up
1. Proper warm-up and cool down
2. Best exercises for students individual goals to be reached
3. Monitoring of heart rates before, during and after workouts

D. Learning and starting a training program
1. Setting goals
2. Keeping track of progress
3. Making adjustments to exercises or weight as needed
4. Evaluating progress and adjusting accordingly

E. Assessment
1. Pre-test physical conditioning at beginning of semester.
   a. Heart rate,
   b. Cardiovascular Fitness
   c. Muscular strength and
   d. Body fat percentage (optional).
2. Post test physical conditioning at end of semester.
3. Evaluate semester long improvement.
4. Discuss nutrition and the Importance of proper nutrition before, during and after exercise.
5. Discuss principles of injury prevention and the treatment of injuries.
METHODS OF INSTRUCTION:

A. Lab:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments

Websites; current articles and handouts

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

1. Demonstrate proper techniques of basic strength training exercises
2. Maintain written record of training program on workout card.
3. Calculate training heart rate.

METHODS OF STUDENT EVALUATION:

Written Assignments
Projects (ind/group)
Skills Demonstration

Demonstration of Critical Thinking:

1. Analyze his/her fitness levels and what to do to achieve individual goals
2. Recognize when to adjust workout for continual improvement.
3. Learn how proper diet will promote positive performance
4. Evaluate benefits of strength training to maintain lifelong fitness

Required Writing, Problem Solving, Skills Demonstration:

1. Demonstrate proper techniques of basic strength training exercises
2. Maintain written record of training program on workout card.
3. Calculate training heart rate.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Instructor supplied materials.

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files