COURSE OUTLINE OF RECORD

Number: PE G173  TITLE: Introduction To Weight Training

ORIGINATOR: Instructor Placeholder AAA  EFF TERM: Spring 2008
FORMERLY KNOWN AS:
DATE OF OUTLINE/REVIEW: 06-22-2012
CROSS LISTED COURSE:
TOP NO: 0835.00  CID:

SEMESTER UNITS: 1.0  HRS LEC: 9.0  HRS LAB: 27.0  HRS OTHER: 0.0
CONTACT HRS TOTAL: 36.0  STUDY NON-CONTACT HRS RECOMMENDED: 18.0

CATALOG DESCRIPTION:
A course designed for men and women to help beginners learn how muscles work, proper lifting techniques, safety factors, diet, and how to develop a program to meet specific needs. UC credit limitations. See counselor.

JUSTIFICATION FOR COURSE:
PREREQUISITES:
COREQUISITES:
ADVISORIES:
ASSIGNED DISCIPLINES:
Physical education
MATERIAL FEE: Yes [ ] No [X] Amount: $0.00
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

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

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(Associate in Arts) Kinesiology(Associate in Arts for Transfer) Physical Education and Health(Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:
CSU GE Area E: Lifelong Understanding and Self-Development
   E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. demonstrate his or her ability to organize and initiate a continuing strength training program that will increase strength and muscle mass to the desired level.
2. devise and practice the proper techniques to perform each of these exercises correctly.
3. identify the major muscle groups in the body, and explain the function of these muscles during exercise.

**COURSE OBJECTIVES:**
1. recognize the value of weight training for women and men.
2. identify the major muscle groups in the body and tell the function of these muscles during exercise.
3. develop and practice the proper techniques to perform each of these exercises correctly.
4. experience high intensity exercises.
5. demonstrate their ability to organize and initiate a continuing strength training program that will increase their strength and muscle mass to their desired level.

**COURSE CONTENT:**

**LECTURE CONTENT:**

1. Developing muscle responses
   A. Flexibility
   B. Strength and speed
   C. Overload
   D. Endurance

2. Principles of weight training

3. Types of weight training

4. Weight training in relation to men and women
   A. Myths
   B. Differences between men and women
   C. Precautions

5. Influences on results of weight training

6. Interworkings of muscles
   A. How they are built
   B. How they work
   C. How they grow

7. Major muscle group exercises
   A. Multi joint
   B. Isolation

8. Programs for specifics
   A. Mass and strength
   B. General conditioning
   C. Sculpture

9. Techniques for breaking plateaus

10. Nutrition and diet
    A. For energy
    B. For fat loss
    C. For water balance

11. Safety
    A. Equipment
    B. Spotting techniques
LABORATORY CONTENT:

1. Developing muscle responses
   A. Flexibility
   B. Strength and speed
   C. Overload
   D. Endurance

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METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Tutoring – noncredit:
D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments

Instructor will provide written handouts

Out-of-class Assignments

1. Student will perform workouts assigned for mass, strength, endurance, and sculpture.

2. Students will perform assigned workouts to experience using circuits, super circuits, super sets,
giant sets, half and full pyramids, reps to failure, and pre-exhaustion techniques.

3. Students will keep written records of all workouts in and outside of class.

**Writing Assignments**

1. The learner must demonstrate proper technique in performing multi-joint and isolation type exercises for each of the major muscle groups.

2. The learner must demonstrate proper spotting techniques used during forced reps, negative reps, and eccentric contraction.

3. The learner must demonstrate proper spotting techniques used during heavy lifts with both free weights and machines.

**METHODS OF STUDENT EVALUATION:**

- Midterm Exam
- Final Exam
- Short Quizzes
- Written Assignments
- Projects (ind/group)
- Skills Demonstration

**Demonstration of Critical Thinking:**

1. The learner must explain the difference in weight training programs designed for mass, strength, endurance, and general conditioning.

2. The learner must compare specific exercises done with free weights and machine and explain the advantages and disadvantages of each.

**Required Writing, Problem Solving, Skills Demonstration:**

1. The learner must demonstrate proper technique in performing multi-joint and isolation type exercises for each of the major muscle groups.

2. The learner must demonstrate proper spotting techniques used during forced reps, negative reps, and eccentric contraction.

3. The learner must demonstrate proper spotting techniques used during heavy lifts with both free weights and machines.

**TEXTS, READINGS, AND RESOURCES:**

**Other:**

1. Appropriate attire

**LIBRARY:**

- Adequate library resources include:

**Comments:**

**Attachments:**

- [Attached Files](#)