PE G173: INTRODUCTION TO WEIGHT TRAINING

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course 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. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify the major muscle groups in the body, and explain the function of these muscles during exercise.
3. Devise and practice the proper techniques to perform each of these exercises correctly.
4. 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.

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.

Lecture Content

1. Developing muscle responsesA. FlexibilityB. Strength and speedC. OverloadD. Endurance 2. Principles of weight training 3. Types of weight training 4. Weight training in relation to men and womenA. MythsB. Differences between men and womenC. Precautions 5. Influences on results of weight training 6. Interworkings of musclesA. How they are builtB. How they workC. How they grow 7. Major muscle group exercisesA. Multi jointB. Isolation 8. Programs for specificsA. Mass and strengthB. General conditioningC. Sculpture 9. Techniques for breaking plateaus 10. Nutrition and dietA. For energyB. For fat lossC. For water balance 11. SafetyA. EquipmentB. Spotting techniques

Lab Content

1. Developing muscle responsesA. FlexibilityB. Strength and speedC. OverloadD. Endurance 2. Principles of weight training 3. Types of weight training 4. Weight training in relation to men and womenA. MythsB. Differences between men and womenC. Precautions 5. Influences on results of weight training 6. Interworkings of musclesA. How they are builtB. How they workC. How they grow 7. Major muscle group exercisesA. Multi jointB. Isolation 8. Programs for specificsA. Mass and strengthB. General conditioningC. Sculpture 9. Techniques for breaking plateaus 10. Nutrition and dietA. For energyB. For fat lossC. For water balance 11. SafetyA. EquipmentB. Spotting techniques

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Reading Assignments

Instructor will provide written handouts

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.

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.

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.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors

degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Appropriate attire