PE G181: MUSCULAR STRENGTH TRAINING

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	54 Total Hours (Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)

Course Description

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. 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. Assess and demonstrate proper form at a comfortable weight level.
3. Evaluate goals and progress and modify to increase success.
4. Judge the effectiveness of his or her chosen exercise program.

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.

Lab Content

A. Introduction1. Introduction and orientation 2. Class requirements, attendance, recording workouts3. Workout attire4. Introduction to equipment5. Safety and proper procedure to follow during and after workout on the beginner, intermediate, and advanced level of performance6. 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 fitness2. Strength training for a specific sport3. Muscle endurance training for general physical fitness4. Muscle endurance training for a specific sport5. Muscle toning C. Principles of a proper warm-up1. Proper warm-up and cool down2. Best exercises for students individual goals to be reached3. Monitoring of heart rates before, during and after workouts D. Learning and starting a training program1. Setting goals2. Keeping track of progress3. Making adjustments to exercises or weight as needed4. Evaluating progress and adjusting accordingly E. Assessment1.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.

Method(s) of Instruction

- Lab (04)

Reading Assignments

Websites; current articles and handouts

Writing Assignments

1. Demonstrate proper techniques of basic strength training exercises2. Maintain written record of training program on workout card.3. Calculate training heart rate.

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.

Demonstration of Critical Thinking

1. Analyze his/her fitness levels and what to do to achieve individual goals2. Recognize when to adjust workout for continual improvement.3. Learn how proper diet will promote positive performance4. Evaluate benefits of strength training to maintain lifelong fitness

Required Writing, Problem Solving, Skills Demonstration

1. Demonstrate proper techniques of basic strength training exercises2. Maintain written record of training program on workout card.3. Calculate training heart rate.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Instructor supplied materials.