

LAST REVIEW: 2010-11

(i.e. 2006-2007)

NEXT REVIEW: 2015-16

(i.e. 2011-2012)

STATUS: A

(A, I, D)

COURSE TITLE: Weight Training

COMMON COURSE NUMBER: PEM 1131

CREDIT HOURS: 2

CONTACT HOUR BREAKDOWN

(Per 16 week term)

CLOCK HOURS:

(Voc. Course ONLY)

Lecture: **16**

Lab: **32**

Clinic:

Other:

PREREQUISITE(S): none

COREQUISITE(S): none

PRE/COREQUISITE(S): none

COURSE DESCRIPTION : A course primarily designed and organized for students of all ages to optimize their wellness in each of the following six interrelated dimensions: physical wellness; intellectual wellness; emotional wellness; spiritual wellness; interpersonal/social wellness; and environmental/planetary wellness. Students will learn how to assess and apply this information to their lives in order to contribute to the welfare of the community and environment with a specific emphasis on resistance training methods and techniques.

General Education Requirements – Associate of Arts Degree (AA), meets Area(s): Area 4D

General Education Requirements – Associate in Science Degree (AS), meets Area(s): Area 5

General Education Requirements – Associate in Applied Science Degree (AAS), meets Area(s): Area 5

UNIT TITLES

- 1. Physical Wellness**
- 2. Emotional Wellness**
- 3. Intellectual Wellness**
- 4. Spiritual Wellness**
- 5. Interpersonal and Social Wellness**
- 6. Environmental/Planetary Wellness**

*** Complete the following only if course is seeking general education status ***

GENERAL EDUCATION Competencies and Skills *:

In the box to the right of the Competency/Skill, enter all specific **student learning outcome** unit numbers, as indicated in the course outline (i.e. 1.1, 2.7, 4.2, 4.0 and 5.12) that apply.

Course must include <u>all</u> of the following:	
1. Read with critical comprehension**	1.0, 2.1, 3.2, 3.3, 5.2, 5.4, 6.2
2. Write clearly and coherently**	1.0, 3.2, 3.4, 4.3
3. Demonstrate literacy as appropriate within a given discipline**	1.0 (b, f), 1.4 (e), 5.2 (d), 5.3 (d), 6.0 (f)
4. Apply problem solving skills or methods to make informed decisions in a variety of contexts**	1.0, 2.2, 2.4, 3.2, 5.4, 5.5, 6.2
Course must include at least <u>one</u> of the following:	
5. Differentiate between ethical and unethical behavior	2.1, 4.1, 5.4, 5.5, 6.1, 6.3
6. Demonstrate an understanding of the physical, biological, and social environments and how individual behaviors impact this complex system.	1.1, 1.2, 2.1, 2.2, 2.4, 2.5, 3.3, 4.2, 5.2, 5.3, 5.4, 6.0
7. Demonstrate an understanding of and appreciation for human diversities and commonalities	2.5, 4.1, 4.2, 4.3, 5.2, 5.3, 5.4, 5.5
8. Speak and listen effectively.	

**General Education Competencies and Skills endorsed by 2010-2011 General Education Task Force*

****Required Competencies**

1) Read with critical comprehension.

The student will be introduced to the basic texts, concepts, vocabulary, and methods necessary for developing an understanding of the discipline and meeting the required benchmarks as stated in the course outline.

2) Write clearly and coherently.

The student will demonstrate an understanding and mastery of subject matter in a variety of ways, including writing. Writing activities may include both graded and ungraded essays, short answer quizzes, summaries, reactions, journals, and various other reports.

3) Demonstrate and apply literacy across all the disciplines (indicate which ones apply).

- a) **Information literacy** means understanding how to locate needed information, using the appropriate technology for the task, managing and evaluating the extracted information and using it effectively and ethically.
- b) **Technology literacy** is the ability to responsibly and effectively use appropriate technology to access, manage, integrate, or create information, and/or use technology to accomplish a given task.
- c) **Workplace literacy** is having the appropriate knowledge and skills to communicate and work with others effectively and perform job duties, whether it is through the use of computers and/or other technology.
- d) **Cultural literacy** is recognizing, understanding, and appreciating the similarities and differences between one's own culture and the cultures of others through a study of the arts, customs, beliefs, values, and history that define a culture.
- e) **Quantitative literacy** is having the ability to formulate, solve and interpret mathematical/statistical operations and graphical/tabular representations to make informed decisions.
- f) **Scientific literacy** means understanding the methodology and application of the scientific process, the physical and biological worlds, and recognizing that scientific knowledge is continuously updated or revised as new information is discovered.

4. Apply problem-solving skills or methods to make informed decisions in a variety of contexts.

The student will use acquired skills or methods to recognize, analyze, adapt, and apply critical thinking to solve problems and make informed decisions.

EVALUATION:

In the box to the right of the Methods of Assessment, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 4.0, 4.2 and 5.12) that apply.

1. Portfolio	1.1, 1.3
2. Short essays	
3. Research Papers	1.3, 2.1
4. Group projects	6.0
5. Discussions (In class and online)	1.0, 3.2, 4.1, 4.2, 4.3, 5.1, 5.2, 5.3, 5.4, 6.0
6. Multiple Choice tests	1.0, 2.0, 3.0, 4.0, 5.0, 6.0
7. Presentations	1.0, 2.1
8. Service Learning Projects	
9. Pop quizzes	1.0, 2.0, 3.0, 4.0, 5.0, 6.0
10. Take-home tests	
11. Summaries and critiques	1.1
12. Reaction papers	1.0, 6.2, 6.4
13. Surveys	
14. Performance	1.1, 1.2, 1.3, 2.4
15. Short answer tests	1.0, 2.1, 2.2, 2.3, 2.4, 4.1, 4.2, 4.3, 5.2, 5.4
16. Classroom debates and colloquia	1.1, 2.1, 2.2, 2.5, 3.2, 6.1, 6.2, 6.5
17. Blogs, wikis, web pages	1.0, 2.0, 3.0, 4.0, 5.0, 6.0
18. Other (Please explain)	
18.a Goal Setting Project/Presentation	1.0 2.1, 2.2, 2.4, 3.3, 3.4, 4.4, 6.2, 6.4
18.b Nutrition Analysis	1.3, 3.4
18.d Fitness Testing	1.1, 1.2

Common Course Number: PEM 1131

Unit 1: Physical Wellness

General Outcome: 1.0 The student shall be able to understand all aspects of physical wellness including assessment, interpretation, prescription, and implementation of a training program.

Specific Measurable Learning Outcomes: Upon successful completion of this unit, the student shall be able to:

1.1 Assess, record and compare their current (pre-test) physical fitness level and end of term (post-test) level of physical fitness by means of standardized diagnostic evaluations (body composition, flexibility, muscular strength and endurance, and cardiovascular response to exercise). The student will use the information gathered in the pre-test fitness test to set personal goals and help develop their personal wellness plan.

1.2 Using the FITT (Frequency, Intensity, Time and Type) Principle as a guideline, the student will write and implement an exercise prescription that emphasizes resistance training but also includes, cardiovascular, and flexibility training and is specific to the needs of the student.

1.3 The student will document their food intake for a specified period of time and then using a software application, run an analysis of food intake, and use that information to help formulate a personal nutrition plan.

1.4 Measure and record the personal data necessary to calculate body mass index, waist-to-hip ratio, and target heart rate zone. Students will learn the formulaic calculations as well as the implications of the how to use the measurements in terms of their overall health and wellness.

Common Course Number: PEM 1131

Unit 2: Emotional Wellness

General Outcome: 2.0 The students shall discuss and identify factors that may influence their emotional well being.

Specific Measurable Learning Outcomes: Upon successful completion of this unit, the student shall be able to:

2.1 Determine how lifestyle choices can affect current and long-term quality of life. Students will survey their personal stress factors using information found in the course textbook or in a related website.

2.2 Identify the primary causes of stress, its physiological impact on the human body, as well as long-and short-term strategies for managing stress.

2.3 Establish their readiness and personal approach to a wellness program that includes resistance, cardiovascular, and flexibility training.

2.4 Compare a variety of stress management techniques, and develop a personal stress management plan. Students will have the opportunity to try out different techniques such as journaling, music interpretation, guided imagery, and breathing exercises.

Common Course Number: PEM 1131

Unit 3: Intellectual Wellness

General Outcome: 3.0 The student shall understand the importance of an active mind as essential to overall wellness.

Specific Measurable Learning Outcomes: Upon successful completion of this unit, the student shall be able to:

3.1 Calculate percentage of training intensities, 1-repetition maxima, body fat, body mass index, target heart rate zones, and lean body mass.

3.2 Maintain a log/record of their lab sessions.

3.3 Understand the potential impact of dementia and ways to prevent or reduce its effects.

3.4 Develop a personal intellectual wellness plan.

Common Course Number: PEM 1131

Unit 4: Spiritual Wellness

General Outcome: 4.0 The student shall develop an understanding of spiritual wellness by discussing common values and practices to determine options that give meaning and purpose to their lives.

Specific Measurable Learning Outcomes: Upon successful completion of this unit, the student shall be able to:

4.1 Describe how values and beliefs give meaning to life and the contribution of spirituality to overall wellness.

4.2 Discuss various meditation techniques and how they may promote success, improve performance and enhance overall wellness.

4.3 Complete a lab activity that describes a personal spiritual activity they tried and how it made them feel, both during and afterward.

4.4 Discuss how participation in volunteer organizations helps people feel that they are part of and have an effect on their community.

4.5 Discuss the components of a personal spiritual wellness plan.

Common Course Number: PEM 1131

Unit 5: Interpersonal and Social Wellness

General Outcome: 5.0 The student shall identify and discuss the epidemics affecting the health of society such as obesity, infectious diseases, and cardiovascular disease. They will develop a wellness program that relies on group cohesion with peers with similar fitness levels/goals for complete success and that utilizes resistance training principles.

Specific Measurable Learning Outcomes: Upon successful completion of this unit, the student shall be able to:

5.1 Develop an individual fitness program applying appropriate principles of weight management (which may include weight loss or weight gain depending on the student's goals) and wellness.

5.2 Establish a support network of family, friends, and/or peers that will promote progress towards their wellness and/or resistance training goals.

5.3 Compare and contrast diverse cultural lifestyles and their effect on eating patterns, physical activity, and wellness.

5.4 Investigate and discuss HIV infection and sexually transmitted infections, how students can protect themselves from becoming infected, and how individuals can participate in global awareness and treatment of the diseases.

5.5 Students will participate in a team building exercise.

Common Course Number: PEM 1131

Unit 6: Environmental/Planetary Wellness

General Outcome: 6.0 The students shall identify how personal wellness affects the health of the planet and how they can help to create a more sustainable world.

Specific Measurable Learning Outcomes: Upon successful completion of this unit, the student shall be able to:

6.1 Describe the greenhouse effect and global warming; investigate personal, local and global behaviors that can create a more sustainable Earth.

6.2 Identify hazards in their personal environment (home, school, work) and develop a personal environmental/planetary wellness plan.

6.3 Discuss how population growth affects the environment.

6.4 Recognize various hazards to our food and water supply.