

COMMON COURSE NUMBER:   PEM 1131  

COURSE TITLE:   Weight Training  

CREDIT HOURS:           2          

**CONTACT HOURS BREAKDOWN:**

Lecture/Discussion	<u>      16      </u>
Lab	<u>      32      </u>
Other	<u>                  </u>
Contact Hours/Week	<u>          3          </u>

**CATALOG COURSE DESCRIPTION:**

Prerequisite:   None

Corequisite:     None

Students will be introduced to weight training principles, both past and present, and apply these principles in a well-organized weight training program which will lead to increased strength. Students will also increase their wellness knowledge.

General Education Requirements - Associate of Arts Degree, meets Area(s):

General Education Requirements - Associate in Science Degree, meets Area(s):

**UNIT TITLES:**

1. Pre-Course Diagnostic Physical Fitness Testing and Body Composition Analysis
2. Introduction to Fitness
3. Fitness Principles and Components
4. Designing and Developing Your Fitness Program
5. Introduction to Weight Training.
6. Basic Weight Training Program
7. The Use of Different Types of Weight Training Equipment
8. Superficial Muscles of the Human Body
9. Nutrition and Weight Management
10. Stress Management
11. HIV/AIDS
12. Post-Course Diagnostic Physical Fitness Testing

## I. Course Overview:

Upon successful completion of this course, the students should be able to select those habits, behaviorisms, and programs which, if applied, will enable them to maintain a high quality of health and physical fitness throughout their lives.

## II. Units:

### Unit 1. Pre-Course Diagnostic Physical Fitness Testing and Body Composition Analysis

#### General Outcome:

- 1.0 The students should be able to assess their present level of fitness.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Identify their level of entry fitness and body composition by means of diagnostic tests.
- 1.2 Identify their body measurements, heights, weight and skeletal frame. (Optional)

## Unit 2. Introduction to Fitness

### General Outcome:

2.0 The students should be able to discuss fitness, factors influencing fitness and the components of fitness.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Determine how changes in lifestyle can affect their well being.
- 2.2 Identify factors that influence fitness.
- 2.3 Explain the components of fitness.

### Unit 3. Fitness Principles and Components

#### General Outcome:

3.0 The students should be able to discuss basic training principles and components of fitness.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Explain principles of use and issues.
- 3.2 Explain principles of specificity.
- 3.3 Explain overload principle.
- 3.4 Explain FITT.
- 3.5 Define and determine resting heart rate, target heart rate, and maximum heart rate.
- 3.6 Explain flexibility as a component of fitness.
- 3.7 Explain muscular strength as a component of fitness.
- 3.8 Explain muscular endurance as a component of fitness and apply exercises to improve muscular endurance.
- 3.9 Explain cardiovascular endurance as a component of fitness.
- 3.10 Explain body composition as a component of fitness.
- 3.11 Explain procedures for warm up and cool down.

## Unit 4. Designing and Developing Your Fitness Program

### General Outcome:

4.0 The students should be able to discuss how to design and develop their fitness programs.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

4.1 Identify a variety of activities/exercises that develop cardiovascular fitness.

4.2 Identify a variety of exercises that develop muscular strength and endurance.

4.3 Identify a variety of exercises that develop flexibility.

4.4 Select activities/exercises for each specific component of fitness.

4.5 Develop an individual fitness program applying appropriate principles of training.

4.6 Apply the principles of training.

4.7 Maintain a log/record of their training program.

## Unit 5. Introduction to Weight Training

### General Outcome:

- 5.0 The students should be able to distinguish between the types of weight trainers, the equipment used to work out and the criteria to be realized for workouts to be effective.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Differentiate between competitive weight lifters, body builders and those people that train to gain strength and size.
- 5.2 Describe the different types of machines and equipment used for weight training.
- 5.3 Discuss the three criteria for workouts to be effective.

## Unit 6. Basic Weight Training Program

### General Outcome:

6.0 The students should be able to identify the basic elements concerning a workout schedule.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 6.1 Discuss the advantages as to the number of days per week they should work out.
- 6.2 Relate the duration of each work out to their purpose in working out.
- 6.3 Relate the number of sets and repetitions of each exercise and the amount of rest between sets required to their purpose in working out.

## Unit 7. The Use of Different Types of Weight Training Equipment

### General Outcome:

- 7.0 The students should be able to discuss the various ways to use equipment and machines designed to weight train.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 7.1 Determine which exercises with barbells, dumbbells and weight machines are specific to the development of certain muscle groups. (Equipment and machines vary by campus)
- 7.2 Discuss the advantages and disadvantages of using the different types of weight training equipment used.
- 7.3 Discuss the benefits of warm-up, cool-down and, where appropriate, the proper use of spotters.

## Unit 8. Superficial Muscles of the Human Body

### General Outcome:

8.0 The students should be able to discuss the superficial muscles of the human body.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 8.1 Identify the basic muscle structure.
- 8.2 Discuss the different types of muscles and muscle contractions.
- 8.3 Relate the effects of training on these muscles.
- 8.4 Describe the actions of these muscles and determine which specific exercises will enhance their development.

## Unit 9. Nutrition and Weight Management

### General Outcome:

9.0 The students should be able to explain nutrition and methods of weight management.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 9.1 Identify the functions of the six essential nutrients.
- 9.2 Explain the hierarchy of the food pyramid.
- 9.3 Interpret food labels.
- 9.4 Describe water and beverage needs as they apply to training.
- 9.5 Analyze their food and beverage intake and develop a personal nutrition plan.
- 9.6 Identify eating disorders and associated problems.
- 9.7 Determine their ideal weight as it relates to percent body fat.
- 9.8 List the suggested guidelines for weight management.

## Unit 10. Stress Management

### General Outcome:

10.0 The students should be able to discuss stress management.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

10.1 Explain individuality of stress and stress management.

10.2 Identify signs and symptoms of stress.

10.3 Explain the physiological and psychological effects of stress.

10.4 Demonstrate techniques to manage stress.

10.5 Explain how physical exercise affects stress.

10.6 Explain the relationship between sleep and stress.

10.7 Develop a personal stress management plan.

## Unit 11. HIV/AIDS

### General Outcome:

- 11.0 The students should be able to understand HIV/AIDS and behavioral changes necessary to prevent contraction and transmission of HIV.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 11.1 Identify and discuss the following sexually transmitted diseases:
- 11.1.1 Two that may cause death
  - 11.1.2 One that can cause sterilization
- 11.2 Explain the spectrum of HIV disease.
- 11.3 Describe the effect of HIV on the immune system.
- 11.4 List the body fluids which can contain large quantities of HIV and which can effectively transmit HIV.
- 11.5 Describe methods of HIV transmission.
- 11.6 Discuss the myths of HIV transmissions.
- 11.7 Explain testing for HIV and the importance of early detection.
- 11.8 Describe precautions that would minimize the risk of HIV transmission.
- 11.9 Explain the media effects of alcohol and drugs on sexual decisions.
- 11.10 Discuss male/female sexuality and dating relationships.
- 11.11 Discuss behavioral changes needed to practice safer sex.
- 11.12 Discuss the proper use of protection, including condoms, the type of condom and lubricant to use.
- 11.13 Demonstrate how to approach a partner, date, or potential partner about the use of a condom, the precautions, alternate sexual activity, and abstinence.

## Unit 12. Post-Course Diagnostic Physical Fitness Testing

### General Outcome:

12.0 The students should be able to determine their degree of improvement in physical fitness and measurements by means of diagnostic testing.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

12.1 Identify their improvement in fitness components by means of the same diagnostic tests.

12.2 Identify the impact that the post-test fitness assessment have on present/future health concerns.12.3