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Physical Education (PHED) 1523 Beginning Weight Lifting and Physical Fitness (1 Unit)

CSU:UC

[formerly Physical Education 23ABCD]

Prerequisite: None

Total Hours: 48 lab hours

Catalog Description: This activity course is designed to introduce weight training and physical fitness to the beginning student. This course will introduce the proper techniques of weight training and how the exercise corresponds with the muscles of the human body, along with use of correct safety measures.

Type of Class/Course: Degree Credit

Text:

Brown L. *Strength Training*. Champaign, IL: Human Kinetics, 2007. Print.

Hoffman, Jay R. (ed.). *NSCA's Guide to Program Design*. 1<sup>st</sup> ed. Champaign, IL: Human Kinetics, 2012. Print.

Additional Instructional Materials: Notebook

Course Objectives:

By the end of the course, a successful student will be able to:

1. Increase cardiovascular endurance,
2. Increase the level of physical fitness in the individuals so they can enjoy participation in recreational and competitive sports,
3. Expand the body's ability to adapt to the stimuli of internal and external forces, and to perform the tasks of everyday living more effectively,
4. Appraise the importance of physical activity and how it plays an important role in extending life expectancy, and
5. Keep accurate records of physical activity performed.

Course Scope and Content (Laboratory):

- Unit I Introduction, Overview of Course, Expectations, Weight Room Procedures
  - A. Equipment
  - B. Equipment and Weight Room Safety
  
- Unit II Stretching, Weight Training
  - A. Static and Dynamic Stretching
  - B. Free weights
  - C. Weight machines
  
- Unit III Cardiovascular Exercise
  - A. Elliptical Machine
  - B. Treadmill
  - C. Stationary Bicycle
  - D. Walking / Jogging

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice

Methods of Instruction:

1. Oral Instruction,
2. Demonstration, and
3. Mediated Learning.

Methods of Evaluation:

1. Skill demonstrations, including:
  - a. Performance exams,
  - b. Skill improvement, and
  - c. Safe weight lifting technique.