

Reviewed by: V. Maiocco
Reviewed by: K. Bandy
Reviewed by: V. Maiocco
Reviewed by: B. Ferguson
Reviewed by G. Golling
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Physical Education (PHED) 1623 Intermediate Weight Lifting and Physical Fitness (1Unit) CSU

Prerequisite: Successful completion of PHED 1523 with a grade of “C” or better

Prerequisite knowledge/skills: Before entering the course the student should be able to:

1. Demonstrate knowledge of proper use of weight room equipment and safety procedures

Total Hours: 48 lab hours

Catalog Description: This course will continue to advance upon the proper techniques of weight training that was introduced in Beginning Weight Training and Physical Fitness. This course will also show 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.

National Strength & Conditioning Assoc. *NSCA's Guide to Program Design*. Hoffman, Jay R., editor. 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. Demonstrate an increase in physical strength and endurance,
2. Demonstrate an increase the overall level of physical fitness,
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,

5. Keep accurate records of physical activity performed,
6. Practice all rules of safety, and
7. Describe a variety of equipment and exercises.

Course Scope and Content (laboratory):

Unit I Introduction, Overview of Course, Expectations, Weight Room Procedures

- A. Equipment
- B. Equipment and Weight Room Safety
- C. Equipment theory

Unit II Stretching, Weight Training

- A. Static and Dynamic Stretching
- B. Free weights
- C. Weight machines
- D. Core exercises
- E. Biomechanics

Unit III Cardiovascular Exercise

- A. Elliptical Machine
- B. Treadmill
- C. Stationary Bicycle
- D. Walking / Jogging

Unit IV Developing a personalized program

- A. Cardiovascular training
- B. Resistance training
- C. Testing and re-measurement

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.