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Physical Education (PHED) 1723 Advanced Weight Lifting and Physical Fitness (1 Unit) CSU

Prerequisite: Successful completion of PHED 1623 with a grade of “C” or better

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

1. Demonstrate proper use of weight room equipment and safety procedures,
2. Demonstrate ability to build an individual fitness program, and
3. Demonstrate fitness record keeping.

Total Hours: 48 lab hours

Catalog Description: This activity course will continue to advance upon the proper techniques of weight training that was introduced in Intermediate Weight Training and Physical Fitness. This course is designed for the motivated and fit individual who wishes to increase their physical potential.

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*. 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. List methods of providing resistance for muscle,
2. Demonstrate correct safety procedures with regard to weight machines and free weights,
3. Prepare a comprehensive weight-training program based upon sound goals,

4. Appraise the importance of physical activity and how it plays an important role in extending life expectancy,
5. Describe various resistance exercises for specific muscle groups, and
6. Keep accurate records of work out routines and be able to offer suggestions of other exercises that will work muscle groups.

Course Scope and Content (laboratory):

- Unit I Introduction, Overview of Course, Expectations, Weight Room Procedures
- A. Safety procedures
  - B. Use of equipment and introduction of new equipment
  - C. Warm-up and cool-down techniques
- Unit II Stretching, Weight Training
- A. Stretching techniques
  - B. Techniques for improving: power, endurance, strength
  - C. Different techniques for training, i.e. isometric, plyometric, isotonic
- Unit III Cardiovascular Exercise
- A. Elliptical Machine
  - B. Treadmill
  - C. Stationary Bicycle
  - D. Walking / Jogging
- Unit IV Developing a personalized program for an advanced student
- A. Muscular fitness assessment
  - B. Proper exercise prescription and goal setting
  - C. Program evaluation

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 and
2. Maintain a workout log-book.

Methods of Instruction:

1. Oral Instruction
2. Demonstration
3. Mediated Learning

Methods of Evaluation:

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