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Physical Education (PHED) 1823 Elite Weight Lifting and Physical Fitness (1Unit) CSU

Prerequisite: Successful completion of PHED 1723 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,
3. Demonstrate fitness record keeping, and
4. Be able to assist a beginning weight training student in building a whole body fitness routine based on sound principles and techniques.

Total Hours: 48 lab hours

Catalog Description: This activity course is designed for elite weight training. This course will continue to advance upon the proper techniques of weight training that was introduced in Advanced Weight Training and Physical Fitness. This course is designed to build strength and power with exercises that center on the development of core strength and multi-joint power lifts. This course also emphasizes, in the conditioning phase, the development of agility, quickness, coordination, balance and speed through the implementation of competitive drills and routines. This course will further instruct the elite fitness student in the use of peripheral fitness equipment and techniques to propagate their lifelong fitness goals.

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. Apply proper lifting, breathing and spotting techniques associated with a variety of resistance training exercises,
2. Monitor and adjust weight training programs, using exercise science principles to optimize improvement in muscular strength, hypertrophy and endurance using a variety of training systems,
3. Define and apply to their exercise program the principles of repetition, set, rest period, tempo, path of motion, range of motion, overload and progression resistance,
4. Differentiate between weight training systems using split routines, peripheral heart actions, supersets, circuits, compound sets and power sets, and
5. Describe the function and importance of nutrition in exercise performance, health and body composition.

Course Scope and Content (laboratory):

Unit I Introduction, Overview of Course, Expectations, Weight Room Procedures
A. Equipment introduction
B. Partner training principles
C. Equipment and Weight Room Safety

Unit II Stretching, Weight Training
A. Stretching
B. Endurance
C. Strength
D. Power
E. Hypertrophy

Unit III Workouts
A. Split routines
B. Supersets
C. Circuits
D. Power lifts

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, and

3. Mediated Learning.

Methods of Evaluation:

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