

CATALOG INFORMATION

Dept and Nbr: PHYED 38.1      Title: WEIGHT LIFTING - BEG.  
Full Title: Beginning Weight Lifting  
Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable  
Grading:                Grade or P/NP  
Repeatability:        22 - 4 Times in any Comb of Levels  
Also Listed As:  
Formerly:             PE 13

Catalog Description:  
Development of body with use of weights.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:  
Description: Body development with free weights. Emphasis on lifting techniques & individual programs. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1983	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Spring 1983	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

Have a basic understanding and recognition of large muscle groups.

Have a basic understanding of the physiological effects of power lifting on large muscle groups.

Be able to demonstrate the correct body alignment and mechanical technique for the basic lifts as listed in the course content.

Have the knowledge which will enable the student to set-up their own personalized work out program.

### **Topics and Scope:**

BASIC ANATOMY AND PHYSIOLOGY INVOLVING LARGE MUSCLE GROUPS

BASIC TECHNIQUES OF LIFTING FOR THE FOLLOWING:

- Military press
- Clean and jerk
- Two handed snatch from deck
- Curl
- Incline press
- Bench press
- Isometric tension exercise
- Squats

### **Assignment:**

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None	Writing 0 - 0%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Exams	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Class performances	Skill Demonstrations 0 - 25%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Multiple choice, True/false	Exams 0 - 25%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
ATTENDANCE	Other Category 0 - 50%

**Representative Textbooks and Materials:**