

PHYED 37.1 Course Outline as of Fall 2003**CATALOG INFORMATION**

Dept and Nbr: PHYED 37.1 Title: WEIGHT TRAINING - BEG.

Full Title: Beginning Weight Training

Last Reviewed: 3/9/2020

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 14.1

Catalog Description:

Resistance exercises through the use of: nautilus weight machines, plate loaded nautilus weight machines, basic free weight use of bars, barbells and dumbbells, to develop muscular fitness.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: How to manipulate sets, repetitions and resistance to bring individual muscular fitness and develop workout schedules that can be employed to bring desired results. (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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

- I. Understand the physiological effects of weight training.
 1. Knowledge of large muscle groups.
 2. Demonstration of nautilus machines and free weights for correct techniques.
 3. Analyze different workout styles and expected outcomes.
 4. Demonstrate safety procedures, warm up and stretching techniques along with breathing and range of motion, belts, grips, and towels.
 5. Construct an individual workout plan.

Topics and Scope:

1. Explanation of class and department requirements.
2. Grading, make-up policy, workout attire and sanitation.
3. Circuit workout for beginners to establish confidence in proper technique.
4. Individual conferences to establish individual workouts.
5. Define resistance in relationship to isometric, isotonic and isokinetic experiences.
6. Understand high intense workouts in relation to "failure" in exercise.
7. Understanding cardiomuscular endurance, muscular strength, joint flexibility, body leanness and reduced risk of injury.
8. Record keeping, length of workouts, days per week, time of day and need for variety when boredom sets in.
9. Individual interviews an evaluation of progress, need for adjustment, ets.
10. Midterm - describing your individual workout program listing the large muscle groups involved.

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, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: