

CATALOG INFORMATION

Dept and Nbr: PHYED 38.3      Title: WEIGHT LIFTING - ADV.  
Full Title: Advanced Weight Lifting  
Last Reviewed: 2/10/2003

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	17.5	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 13.3

**Catalog Description:**  
Advanced Power Lifting course with an emphasis on proper technique, safety concerns, improvement of strength, muscle size and testing.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of PHYED 38.2 ( or PE 13.2)

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This is an advanced power lifting course with an emphasis in proper technique, safety concerns, improvement of strength, muscle size and testing. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Course Completion of PHYED 38.2 ( or PE 13.2)  
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:	Fall 1995	Inactive:	Fall 2011
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1995	Inactive:	Fall 2011

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The students at the completion of the course will:

- I. Demonstrate various safety techniques in lifting.
- II. Perform an increasing progression of various lifting techniques.
- III. Have a knowledge of various muscle groups.
- IV. Increase both size and strength of various muscle groups.
- V. The objective is to build size, thru strength by dividing the semester into two phases.

#### **Phase I**

It consists of doing two six-week phases. The base phase builds muscular size and is followed by strength phase.

#### **Phase II**

It consists of doing two six-week base phase followed by a six-week strength phase-more size and strength is developed at this time.

The students have their own logbook that has been designed to keep their workouts as simple by providing a place to record and adjust their workouts to their strength level.

### **Topics and Scope:**

- I. Basic anatomy and physiology involving large muscle groups.
- II. Basic techniques of lifting for the following:
  1. Hang snatch
  2. Hang clear
  3. Push jerk
  4. Squat
  5. Bench press
  6. Shoulder press
  7. Lat pulldown
  8. Low lat pulldown
  9. Leg extension
  10. Leg curl

11. Tricep extension

12. Bicep curl

13. Incline press

III. Correction of Lifting Techniques by the Instructor.

1. Compile a logbook for each session

2. Testing on a bi-monthly basis on different strength components

IV. Safety Discussion and Demonstration of Lifting Techniques.

### Assignment:

Students will:

1. Compile a logbook for each session.

2. Testing on a bi-monthly basis on different strength components.

### 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

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:

STUDENT LOG BOOK