

CATALOG INFORMATION

Dept and Nbr: PE 195.1

Title: WT 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	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:

Catalog Description:

Resistance excrcises through the use of barballs,dumbbells and universal gym weight machine in developing muscular fitness.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: OLD NUMBER - INACTIVATED X94 (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:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	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 and physiological effect of weight training on individual and large muscle groups.

Be able to demonstrate correct lifting techniques and have the knowledge of safety factors in weight training.

Have the knowledge to set up their own personalized program.

Topics and Scope:

HISTORICAL BACKGROUND

TERMINOLOGY

SAFETY RULES

TECHNIQUES OF LIFTING

TYPES OF PROGRAMS

-Circuit

-Stength

-Individual

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%

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

Exams

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
0 - 25%

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

Multiple choice, True/false

Exams
0 - 25%

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

ATTENDANCE

Other Category
0 - 50%

Representative Textbooks and Materials: