



## Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

**Prerequisites** ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests

## Course Description

The purpose of this course is to provide students with an opportunity to learn weight training skills and the knowledge and understanding of concepts related to those skills. Course content will include: components of physical fitness, selection of clothing, equipment, terminology, fundamental weight training skills and safety. Written and/or skills tests are a part of the course. Weight training skills will be centered on using Nautilus/Stairmaster resistance exercise machines. Emphasis will be placed on increasing muscle tones and strength through a circuit routine of one set of 8-12 repetitions at 60-85 percent of one repetition max. Students' strength and endurance will be assessed through a weight training program designed to meet class and personal objectives.

## Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
  - a. the five major components of physical fitness
  - b. the relationship between exercise and physical fitness
  - c. the importance of resistance training to the total health of the individual
  - d. terms and definitions related to exercise and weight training
  - e. rules of safety
  - f. basic principles of exercise and weight training
  - g. basic nutritional needs for exercise and weight management
2. Demonstrate/Practice:
  - a. prompt and regular attendance
  - b. safety rules at all times
  - c. a personalized weight training program that is to meet the needs of the student
  - d. the selection of challenging yet reachable semester ending goals
  - e. the ability to assess measurable improvement in muscular strength and endurance
3. Believe/Feel/Think:
  - a. the positive benefits exercise has on one's health
  - b. the positive benefits related to physical fitness and weight training
  - c. that a positive attitude and a high energy level are essential for success