



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 lifting 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 lifting skills and safety. Written and/or skills tests are a part of the course. Weight lifting skills will be centered on using Hammer plated resistance equipment. Emphasis will be placed on increasing muscle size, power, and strength through routines of three-to-four sets of three-to-four repetitions for each set at 85-100 percent of one repetition max. Student's size, power and strength will be assessed through a weight lifting 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 lifting
 - e. rules of safety
 - f. basic principles of exercise and weight lifting
 - 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 lifting 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 muscle size, strength, and power
3. Believe/Feel/Think:
 - a. the positive benefits exercise has on one's health
 - b. the positive benefits related to physical fitness and weight lifting
 - c. that a positive attitude and a high energy level are essential for success

Date Updated: 3/17/15

By: RRiffle/KSL