I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 54A
Descriptive Title: Beginning Weight Training
Disciplines: Physical Education
Division: Health Sciences and Athletics

Catalog Description:
This course offers basic instruction and practice in the techniques of progressive resistance exercise training. Course content includes basic muscle anatomy, individual goal setting and exposure to a variety of training systems to improve muscle strength and muscle endurance.

Conditions of Enrollment:
None

Course Length: X Full Term
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.0 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Course Status: Associate Degree Credit

Transfer CSU: X **Effective Date: Prior to July 1992**
Transfer UC: X **Effective Date: Prior to July 1992**

General Education:

El Camino College:
5 – Health and Physical Education
Term: Other: Approved

CSU GE:
E - Lifelong Understanding and Self-Development
Term: Fall 1994 Other:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Student will assess current fitness levels in muscle endurance and develop programs to improve fitness level.
2. Student will identify muscle anatomy and describe basic muscle movements.
3. Students will assess current fitness levels in muscle strength and develop programs to improve fitness level.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage athttp://www.elcamino.edu/academics/slo/.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Demonstrate improvements in muscle strength, muscle endurance, and/or hypertrophy.
   - Performance exams
2. Execute correct technique in a variety of resistance training exercises.
   - Performance exams
3. Show correct technique in spotting, breathing, equipment adjustment, and other safety considerations.
   - Performance exams
4. Illustrate the location and action of the major muscle groups.
   - Matching Items
5. Construct a list of resistance training guidelines that will develop improved muscle performance and/or size for the major muscle groups.
   - Essay exams
6. Design and monitor a personalized resistance training program.
   - Essay exams
7. Describe the principles of training including overload, progressive resistance exercise, periodization, concentric, eccentric, and isometric muscle actions to exercise program design and execution.
   - Essay exams
8. Evaluate results from tests of muscle strength, endurance, flexibility, and body composition.
   - Laboratory reports
9. Explain the benefits of lifelong resistance exercise training.
   - Essay exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	3	I	Course Orientation and Requirements A. Weight room etiquette B. Safety C. Warm up and cool down D. Introduction to resistance exercise technique
Lab	3	II	Benefits of Resistance Exercise Training A. Bone density B. Body composition C. Dynamic support of joints D. Metabolism E. Sport performance
Lab	4	III	Basic components of the resistance training program: A. Exercises B. Repetitions C. Sets D. Resistance E. Frequency F. Rest
Lab	14	IV	Identification of the anatomical location, muscle actions, and resistance exercises for the major muscle groups A. Arms and shoulders B. Chest and back C. Abdominals and low back D. Thigh and hip E. Legs
Lab	10	V	Development of various training programs meeting individual training needs and goals: A. Set system B. Split routine C. Forced reps D. Super sets E. Pyramid system
Lab	4	VI	Assessments for muscle strength and endurance, body composition, and flexibility A. Record Keeping
Lab	16	VII	In-class implementation of one or more of the following training programs specific to individual goals: A. Set system B. Split routine C. Forced reps D. Super sets E. Pyramid system
Total Lecture Hours		0	

Total Laboratory Hours	54
Total Hours	54

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor three lifts for the biceps muscle utilizing three different types of resistance such as machine weights, body weight, or elastic resistance.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a one-paragraph response, describe the potential dangers in a weight-room environment and preventative strategies for each of those dangers.

2. In a one-paragraph response, describe the benefits of the set system and split routine as they pertain to the development of muscle strength and endurance.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Objective Exams
Other exams
Quizzes
Class Performance
Multiple Choice
Completion
Matching Items
True/False
Other (specify):
Exercise program design

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Guest Speakers
Laboratory
Lecture
Multimedia presentations

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. **UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

B. **ALTERNATIVE TEXTBOOKS**

C. **REQUIRED SUPPLEMENTARY READINGS**

D. **OTHER REQUIRED MATERIALS**

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification

B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification

D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by Gene Engle on 09/01/1991.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 06/17/2019

Last Reviewed and/or Revised by: Danielle Roman **Date: April 2019**