EL CAMINO COLLEGE
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: **Physical Education 54B**
Descriptive Title: **Intermediate Weight Training**
Course Disciplines: **Physical Education**
Division: **Health Sciences and Athletics**

Catalog Description:
This course offers intermediate instruction and practice in the techniques of progressive resistance exercise training. Course content builds upon the fundamentals covered in PE 54A, with additional high intensity interval training (HIIT) and power training. Nutritional requirements for strength training and performance will also be discussed.

Conditions of Enrollment:
Recommended Preparation: Physical Education 54A

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: **Both**
Course Status: **Associate Degree Credit**

Transfer CSU: X Effective Date: Proposed
Transfer UC: Effective Date:

General Education:
El Camino College:
5-Health and Physical Education

CSU GE:
E – Lifelong Understanding and Self-Development

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 strength and develop programs to improve fitness level.

2. Students will assess current level of body fat percentage and develop a program to decrease body fat and increase lean body mass.

3. Student will assess current levels in muscle power and develop programs to improve muscle power.

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 at http://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 proper technique for compound exercises.
   Performance exams
2. Demonstrate proper warm up, stretching, and mobility exercises for injury prevention.
   Class performance
3. Organize exercises in proper order to optimize training regimen.
   Journal (kept regularly throughout the course)
4. Demonstrate improvement in muscle strength, muscle endurance, and power.
   Performance exams
5. Choose exercises and training protocols to optimize goals specific to weight loss, weight gain, explosive training, training for strength and power, and muscle endurance.
   Class performance
6. Assess their training to make changes or corrections to protocols depending on goals.
   Class performance
7. Assess proper nutrition techniques to attain goals specific to weight loss or weight gain.
   Written homework

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. Review weight room etiquette B. Safety specific to free weights, dumbbells, racks, barbells, and platforms
Lab	4	II	Overview A. Intermediate training progression from machine weights to free weights using compound movements B. Benefits of using free weights (dumbbells, barbells, and kettlebells)
Lab	3	III	Stretching, Mobility, and Injury Prevention A. Flexibility modalities B. Injury prevention specific to free weights
Lab	6	IV	Review of Muscle locations, Actions, and Free Weight Exercises for the Major Muscle Groups A. Dumbbell and barbell exercises for the upper body B. Dumbbell and barbell exercises for the lower body
Lab	8	V	Introduction to the body suspension Trainer A. TRX
Lab	16	VI	Progressive Training Specific to Individual Needs and Goals A. Sets B. Reps C. Intensity/load D. Rest
Lab	6	VII	Assessments (Pre, Mid, and Post Test) A. Muscle Strength B. Endurance C. Power D. Flexibility E. Body composition
Lab	8	VIII	Basic Micro and Macro Nutrients A. Carbohydrates B. Proteins C. Fats D. Vitamins and minerals
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV . PRIMARY METHODS OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION

Demonstrate three compound lifts to improve function movement utilizing dumbbells, kettlebell, and barbell.

C. COLLEGE LEVEL CRITICAL THINKING ASSIGNMENTS

1. Describe a progressive training program for someone who wants to gain muscle and strength. They will be working out 3 days per week. Include the specific exercises, sets, reps, rest, and intensities as the individual progresses.

2. Analyze your three-day nutrition assessment. After entering three days for all food, beverages, and supplements into the website provided, average the three days. Were your calories, carbohydrates, proteins, and fats appropriate for your activity level and goals? Did you consume enough vitamins and minerals? Please explain.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Class Performance
Objective Exam
Oral Exams
Completion
Performance Exams
Presentation
Quizzes
Journal kept throughout course
True/False
Matching Items
Written Homework
Multiple Choice
Other (specify)
Exercise program design

V. INSTRUCTIONAL METHODS:

Lecture
Group Activities
Lab
Discussion
Guest Speakers
Demonstration

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, instructional 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

Estimated Study Hours Per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. REQUIRED TEXTS (title, author, publisher, year)

This is an activity course, therefore, no book is required.

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisite/s (Course and Non-Course Prerequisite/s and Corequisite/s). Add rows as needed**.**

Requisites	Category and Justification

B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course) Add rows as needed.

Recommended Preparation	Category and Justification
PE54A	

D. Recommended Skills.

Recommended Skills
Execute correct technique in a variety of resistance training exercises. **PE 54A:** Execute correct technique in a variety of resistance training exercises.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by Danielle Roman: 3/20/2019
BOARD APPROVAL DATE: 6/17/2019
LAST BOARD APPROVAL DATE:
Last Reviewed and/or Revised by: