

PE-1020: WEIGHT TRAINING

Cuyahoga Community College

Viewing: PE-1020 : Weight Training

Board of Trustees:

January 2021

Academic Term:

Fall 2021

Subject Code

PE - Physical Education

Course Number:

1020

Title:

Weight Training

Catalog Description:

Basic instruction in theory of using weights to improve muscular fitness and in fundamentals of correct lifting techniques using dumbbells, nautilus, universal and/or various other machines.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Develop an individualized exercise program to build strength and endurance.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Assess his/or her individual fitness level and needs and design a program to improve his/her fitness levels.
 2. Demonstrate knowledge of the physical fitness components and apply them to his/her individualized program.
 3. Define proper flexibility technique and form for a variety of stretches.
 4. Describe the different types of weight training exercises that can be used to build muscle fitness.
 5. Describe the amount of exercise necessary to build strength and muscular endurance.
 6. Develop a program of lifetime weight training activities.
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Methods of Evaluation:

1. Practical examination
2. Written evaluation
3. Attendance/participation
4. Program design project
5. Workout journal/log

Course Content Outline:

1. Pre and Post fitness testing
 - a. Resting, Exercise, and Recovery Heart Rate recommendations
 - b. Fitness Recommendations
2. Fitness Components
 - a. Body Composition
 - b. Flexibility
 - c. Muscular Strength
 - d. Muscular Endurance
 - e. Cardiorespiratory Fitness
3. Review Safe Stretching Practices
 - a. Static Stretching
 - b. Dynamic/Ballistic Stretching
4. Review of strength training equipment
 - a. Utilizing weight training equipment safely
 - b. Explain sets, repetitions and weight to accomplish fitness goals
 - c. Proper warm-up and cool-down
5. Development of an individualized exercise program
 - a. Assess individual needs and goals
 - b. Discuss the purpose and benefit of each exercise
6. Guidelines of selecting and developing a lifetime fitness program
 - a. Health condition
 - b. Physical limitations or restrictions

Resources

Delavier, Frederic and Michael Gundill. *The Strength Training Anatomy Workout III: Maximizing Results with Advanced Training Techniques*. Human Kinetics, 2019. May 17th .

Collins, Alana. *Strength Training Over 40: A 6 - Week Program to Build Muscle and Agility*. Emeryville: Rockridge Press, 2020. June 30th.

Noelle, Brittany. *Weight Training for Women: Exercises and Workout Programs for Building Strength with Free Weights*. Emeryville: Rockridge Press, 2020. May 12th.

Rego, Sol. *SUPP UP.: No Bull Workout Log: Your Complete Solution To Effectively Track Progress*. 2020. August 18th.

Powers, John. *Hiit: The 20 - Minute Dream Body with High Intensity Interval Training*. 2nd Edition. 2017. April 12th.

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