

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Serinna Eason	Date:	11/12/2020
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	114B	Strength Training: Free Weights

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE114B: Strength Training: Free Weights is consistent with the intent of Area E because the main focus of the course is the study and implementation of a fitness program which will improve student physical fitness levels by formulating, implementing and evaluating their personal weight training program (GELO4). Students will learn and apply valuable information regarding hydration, supplements and proper diet as they evaluate their personal diets and make positive changes for a healthy eating style which will have a positive influence on their overall health as well as improving their strength training experience (GELO3).

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.10

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course will provide instruction on the proper exercises and techniques used in free weight exercises. Opportunities will be provided to develop a personalized weight training program that will incorporate daily record keeping, evaluation, and measurement. Increased flexibility and improved cardiovascular fitness will also be assessed.

Schedule Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course will help individual students improve strength, cardiovascular endurance and flexibility by using specific free-weight techniques, aerobic conditioning and flexibility exercises.

Need for the course:

This course will diversify the department's offerings within the fitness category of the physical education program while meeting student demand. This addition also meets the objectives of the department's program review. This course may be used to fulfill the requirement needed to receive an AA in Physical Education and for AA-T in Kinesiology.

Prerequisite(s):
Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):
Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:
Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:
(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Identify and name all equipment used in free-weight lifting.
 2. Demonstrate the proper use of the equipment in the facility.
 3. Recognize and demonstrate proper weight room etiquette and safety.
 4. Choose training sessions which include cardiovascular, flexibility and cool-down exercise routines.
 5. Evaluate an overall free-weight training program that was developed to meet the individual’s personal goals.
 6. Measure, report and evaluate progress in class through physical testing and demonstration.
 7. Develop and apply a proper diet and nutrition plan that would enhance a personal weight training program.
 8. Differentiate the basic muscle anatomy used in specific weight lifting exercises.
 9. Demonstrate proper weight lifting form and the use of proper spotting techniques.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab course only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction to Basic Weight training concepts
 1. Sets & Repetitions
 2. Differences between muscular endurance, strength and general fitness
 3. Proper Technique
 1. stance
 2. balance
 3. position
 4. weight loading
 5. range of motion
 4. Basic Muscle Anatomy
 5. Free-Weight Equipment
 1. dumbbells
 2. barbells
 3. cable driven equipment
 4. medicine ball
 5. squat rack
 6. weight plates
 2. Weight Training Principles
 1. FITT (frequency, intensity, time, type)
 2. Progressive Overload
 3. Individuality and Specificity
 4. Adaption
 3. Etiquette, Safety and Technique Fundamentals
 1. Proper execution and lifting techniques for each exercise.
 2. Using the equipment safely
 1. correct transporting of weights
 2. safety clips and locks
 3. racking weights
 4. lifting belts
 3. Spotting techniques.
 4. Proper clothing and shoes
 4. Guidelines for proper warm-up and cool down
 1. Cardio warm-up
 1. Walk
 2. Jog
 3. Stair Stepper

- 4. Bike
 - 5. Elliptical machine
 - 6. Jump Rope
- 2. Stretch
 - 1. Static Stretch
 - 2. Dynamic Stretch
 - 3. Main muscle groups involved:
 - 1. quadriceps
 - 2. hamstrings
 - 3. groin
 - 4. lower back
 - 5. triceps
 - 6. pectorals
 - 4. Secondary muscle groups involved:
 - 1. calves
 - 2. neck
 - 3. biceps
 - 4. forearms
 - 5. upper back
 - 6. shoulders
- 5. Types of Training Programs
 - 1. Training for Muscular Endurance
 - 2. Training for Muscular Strength
 - 3. Training for Muscular Size
 - 4. Training for Power
 - 5. Maximum Lifting
- 6. Types of Routines
 - 1. Superset/Multiset
 - 2. Circuit Training
 - 3. Preexhaust Training
 - 4. Postexhaust Training
 - 5. Drop Sets
 - 6. Negative Training
 - 7. Forced Repetitions to Exhaustion
 - 8. Slow Training
 - 9. Pyramid System
 - 10. Concentration, or Blitz System
 - 11. Split Training
 - 12. Push/Pull
- 7. Record Keeping
 - 1. Individual weight lifting program chart for upper and lower body
 - 2. Nutritional records which include student's food diary
- 8. Assessments
 - 1. Strength Assessment
 - 2. Cardiorespiratory Assessment
 - 3. Records of individual weight training program
 - 4. Student's food diary
 - 5. Written Exams
 - 6. Assignments

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture

- Integration:** Lecture will be used to identify free-weight lifting equipment and proper use of this equipment while incorporating proper weight room etiquette and safety.
- **Method:** Observation and Demonstration
Integration: Demonstrations of proper lifting, stretching techniques and safety procedures by the instructor and the use of DVDs or videos.
- **Method:** Verbal and written instructions
Integration: Verbal and written instructions regarding weight training, cardiovascular, flexibility and cool-down training sessions.
- **Method:** Demonstration
Integration: Demonstration will be used to help students understand the reporting criteria used in evaluating class and personal training goals.
- **Method:** Lecture
Integration: Lecture will be used to convey specific expectations regarding muscular strength and endurance gains along with cardiovascular endurance and flexibility.
- **Method:** In-class Exercises
Integration: In-class exercises will include verbal instructions and written handouts reflecting pertinent information regarding proper dietary and nutritional principles enhancing a strength program.
- **Method:** Lab Activities
Integration: Lab activities will be used to introduce the major muscle groups involved in specific weight exercises.
- **Method:** Discussion
Integration: Discussion and demonstration will be used to instruct students regarding proper spotting technique used for safety purposes.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Performance
Integration: Class performance will utilize informal weekly progress monitoring completed by peers and the instructor. These assessments will included increasing repetitions, increasing weight used, decreasing time, or weight/body fat % tracking.
- **Method:** Written Exams
Integration: Written exams will evaluate the studentsâ€™ knowledge of muscle anatomy, basic free weight lifting and spotting techniques and nutritional information pertaining improved strength.
- **Method:** Portfolios
Integration: Fitness portfolios will assess the five components of fitness by fitness assessments. Muscular strength will be evaluated through a one repetition maximum testing. Cardiorespiratory performance will be measured with the Rockport 1-mile walk/run test. Flexibility will be measured by a sit an reach testing method. Body fat will be measured with an electrical impedance machine.
- **Method:** Class Participation
Integration: Class participation will be evaluated based on the studentâ€™s ability to perform specific free weight exercises using the correct form, correct spotting techniques, successful participation in work out sessions and completing a daily exercise log.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- Assignment #1:
Fitness Assessment Portfolio
You willuse fitness assessments to measure various aspects of your body and its abilities. A fitness assessment identifies your current fitness levels and serves as a baseline, or starting point of your body's fitness. You can use this fitness

assessment to figure out your training needs and goals. You then compare your progress over time to the initial fitness assessment.

You will complete three fitness assessments throughout the semester. Each fitness assessment will focus on the five components of fitness. Cardiovasular endurnace will be measured by the Rockport one mile test, Muscular strength will be measured by a push-up, plank test or one repitition maximum test, muscular endurance will be measured by a wall-sit test, and body composition will be measured using a bioelectrical impedance device. You are required to complete a Post-Assessment, Midpoint-Assessment, and Final-Assessment.

Assignment #2

Personal Fitness Plan Assignment

Personal Fitness Plan: Free Weight Specific (Section 1)

For this section you will write in detail about various aspects of your personal fitness. Make sure you include the following components in your PFP:

- Definition of physical fitness- what you think it is and the actual books definition.
- Define the 5 Health Related Areas of Fitness and provide an example of each.
- Self-Evaluation of your current fitness using the five above components. You can use the fitness testing and activities we have done in class along with other activities you are involved in.
- State two or more, specific and measurable goals for improving fitness.
- Describe the exercises or activities that will facilitate you reaching your goals for improving fitness.
- Finally, explain how and why it is important to warm-up and cool-down when exercising and make sure you include what you plan to do for your warm-ups and cool downs.

Personal Fitness Calendar (Section 2)

Create a calendar to describe two months worth of activity that you will use to improve your personal fitness. Make sure all areas five fitness are addressed on the calendar. Include frequency, intensity, time and type (for example, space your cardiovascular workouts out during the week and don't have several "extremely hard" days in a row.) Try to make this plan realistic, and challenging. Make sure you activities clearly line up with your goals.

- Two months of activities that will help you meet your goals and address the five areas of fitness
- Proper use of training principle s—progression and overload
- Make sure the calendar clearly show frequency, intensity, time or type of activity

Conclusion (Section 3)

- Summarize the steps you will take to meet your specific goals. Include any possible road blocks that might be potential obstacles and what strategies can be sued to overcome these obstacles.
- What are your future plans for fitness and how do you intend to stay physically fit throughout your lifetime?

Textbooks:

- Thomas Baechle & Roger Earle (2020). *Weight Training* Human Kinetics. ISBN: 9781492586982

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**

Physical Education (Masters Required)