

**I. CATALOG DESCRIPTION:**

A. Department Information:

Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE-I 108X4  
Course Title: Weight Training  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None

B. Catalog and Schedule Description:

The course is designed to teach safe and proper technique for resistance exercises. Students will use free weights and universal machines to develop muscle strength and endurance. Students of all ability levels will receive individual instruction and personally tailored programs.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS**

A. On successful completion of level one of this course, the student should be able to:

1. Name each of the major muscle groups
2. List at least one exercise that will develop each major muscle group
3. Demonstrate proper weight lifting form on all fitness machines
4. Practice weight room etiquette
5. Follow a basic weight training program
6. Use resistance equipment safely
7. Participate in fitness testing activities

B. On successful completion of level two of this course, the student should be able to:

1. List at least two exercises that will develop each major muscle group
2. Demonstrate proper lifting and spotting technique on at least three free weight exercises
3. Explain proper weight training progression
4. Assist level-one students in the safe use of resistance equipment
5. Match or exceed level one fitness test performance

C. On successful completion of level three of this course, the student should be able to:

1. List at least three exercises that will develop each major muscle group
2. Explain the difference between strength training and body building
3. Demonstrate proper lifting and spotting technique on at least five free weight exercises
4. Design a basic weight training program including exercises, sets, reps, and weights used
5. Match or exceed level two fitness test performance

D. On successful completion of level four of this course, the student should be able to:

1. List at least four exercises that will develop each major muscle group
2. Employ advanced lifting systems to achieve overload
3. Design an individualized weight training program that includes warm up, stretching, and a variety of resistance training exercises
4. Match or exceed level three fitness test performance

**IV. CONTENT:**

- A. Orientation to weight room
  - 1. Equipment
  - 2. Safety
  - 3. Etiquette
- B. Modes of Resistance Training
  - 1. Machines
  - 2. Free Weights
  - 3. Body Weight Exercises
- C. Components of Weight Training Program
  - 1. Warm-up
  - 2. Stretching
  - 3. Overload
    - a. Intensity
      - 1. Weight
      - 2. Rest periods
    - b. Exercise Selection
    - c. Volume
      - 1. Sets
      - 2. Reps
  - 4. Specificity
- D. Designing a workout program.
  - 1. Goals
  - 2. Systems
- E. Exercise Technique
  - 1. Chest
    - a. Bench press
    - b. Incline press
    - c. Fly
    - d. Dips
    - e. Decline press
    - f. Push ups
  - 2. Back
    - a. Lat pull down
    - b. Row
    - c. Bent over row
    - d. Bent over fly
    - e. T-bar
    - f. Pull-up
    - g. Hyperextension
  - 3. Shoulder
    - a. Press
    - b. Lateral raise
    - c. Upright row
    - d. Front raise
    - e. Bent over fly
    - f. Shrugs
  - 4. Legs
    - a. Extension
    - b. Squat
    - c. Curl
    - d. Press
    - e. Step-up
    - f. Lunges
    - g. Calf raise

5. Arms
  - a. Curl
  - b. Extension
  - c. French press
  - d. Kick Back
  - e. Pushdown
  - f. Forearm curl
6. Abdominals
  - a. Crunches
  - b. Reverse Curls
  - c. Obliques
  - d. Leg Raise

**V. METHODS OF INSTRUCTION:**

- A. Lecture
- B. Demonstration
- C. Video
- D. Guest speaker

**VI. TYPICAL ASSIGNMENTS:**

- A. Submit a weight training exercise program
- B. Demonstrate and successfully perform the correct use of weight training equipment
- C. Read and critique an article on power lifting

**VII. EVALUATION:**

- A. Methods of Evaluation:
  1. Methods of evaluation for first semester students
    - a) Skill tests – form analysis on the use of all fitness machines
    - b) Pre-test and post-test improvement in three basic lifts
    - c) Written assignment on weight room safety and etiquette
    - d) Written final exam
  2. Methods of evaluation for second semester students
    - a) Skill tests – form analysis in three free-weight lifts and spotting techniques
    - b) Pre-test and post-test improvement in five basic lifts
    - c) Written assignment on weight training progression
    - d) Written final exam
  3. Methods of evaluation for third semester students
    - a) Skill tests – form analysis in five free-weight lifts and spotting techniques
    - b) Pre-test and post-test improvement in seven lifts
    - c) Written assignment to design a basic strength training program
    - d) Written final exam
  4. Methods of evaluation for fourth semester students
    - a) Skill tests - form analysis in seven free-weight lifts and spotting techniques
    - b) Pre-test and post-test improvement in ten lifts
    - c) Written assignment to design an advanced strength training program
    - d) Written final exam
- B. Frequency of Evaluation:
  1. Skill testing every 3-4 weeks
  2. Weekly strength testing
  3. Final exam at end of semester
- C. Typical exam questions:
  1. List four exercises to target the chest muscles
  2. Explain and identify the benefits of overload training

San Bernardino Valley College  
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**VIII. TYPICAL TEXT(S):**

Field, Richard and Roberts, Scott. Weight Training. WCB/McGraw-Hill, 1999.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** Workout clothing--shirt and shorts or tights or sweatpants; athletic shoes; and towel