J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 111 Credits: 1

Course Title: Weight Training I

Course Description: Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. Part I of II. Laboratory 2 hours per week.

General Course Purpose: This is a comprehensive weight training course with emphasis placed on developing health-related components of physical fitness. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites: None

Student Learning Outcomes:
Upon completing the course, the student will be able to:
a. Explain the history of weight training;
b. Define basic weight training terminology;
c. Discuss human anatomy and physiology as it relates to weight training;
d. Explain the components of health-related physical fitness;
e. Summarize the FITT (Frequency, Intensity, Time, Type) principle;
f. Describe proper weight training safety protocol;
g. Discuss nutritional guidelines for weight training;
h. Outline effects of various drugs in weight training;
i. Demonstrate proper body mechanics;
j. Develop and/or refine personal wellness goals;
k. Construct an individualized weight training program based upon the principles of strength development: overload, progression, specificity; and
l. Develop and/or identify personal wellness goals using the SMART planning method, focused on the improvement of weight lifting and strength endurance.

Major Topics to Be Included:
a. SMART method for planning
b. History
c. Terminology
d. Equipment
e. Anatomy and physiology: skeletal system, major muscle groups, and body mechanics
f. Health-related components of physical fitness (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, body composition, and functional fitness)
g. FITT (Frequency, Intensity, Time, Type) principle
h. Safety protocol to include breathing techniques
i. Nutrition
j. Drug use and performance (licit and illicit)
k. Goal setting
l. Self-assessment

Date Created/Updated (Month, Day, and Year): October 1, 2015