J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 112
Credits: 2

Course Title: Weight Training II

Course Description: Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. Part II of II. Prerequisite: PED 111. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose: This is an advanced weight training course with emphasis placed on refining health-related components of physical fitness based on individual training interests, needs, and goals. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites
Prerequisite: PED 111

Student Learning Outcomes:
Upon completing the course, the student will be able to
a. Define advanced weight training terminology;

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Course Prerequisites and Co-requisites
Prerequisite: PED 111

Student Learning Outcomes:
Upon completing the course, the student will be able to
a. Define advanced weight training terminology;
b. Analyze human anatomy and physiology as it relates to weight training;
c. Evaluate progress in the components of health-related physical fitness;
d. Employ the FITT (Frequency, Intensity, Time, Type) principle;
e. Demonstrate proper weight training safety protocol;
f. Analyze nutritional guidelines for weight training;
g. Evaluate effects of various drugs in weight training;
h. Demonstrate proper body mechanics;
i. Teach and critique weight training demonstrations by peers; and
j. Develop and/or identify personal wellness goals (using the SMART method), focused on improvement of weight lifting practice and endurance.

Major Topics to Be Included:
a. SMART planning method
b. Terminology
c. Anatomy and physiology: skeletal system, major/minor muscle groups, and body mechanics
d. Health-related components of physical fitness (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, body composition, and functional fitness)
e. FITT (Frequency, Intensity, Time, Type) principle
f. Breathing techniques
g. Advanced nutritional principles
h. Drug use and performance (licit and illicit)
i. Injury prevention
j. Goal setting
k. Self-assessment
l. Peer-assessment

Date Created/Updated (Month, Day, and Year): August 14, 2015