

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X Transfer Course    X A.A. Degree applicable course  
(Check all that apply)

**COURSE NUMBER AND TITLE:** PE 150 Beginning Weight Training

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language and computational skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Developing basic skills, coordination, muscular tone, and strength through the use of weight machines and free weights.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. explain flexibility, muscle tone, strength and endurance.
2. identify the need to wear the proper attire for safety purposes.
3. analyze exercise routine to ensure balanced program through agonist/antagonist muscle movements.
4. evaluate "max" testing results and compare previous results to deduce new workout weight for each individual exercise in program routine.
5. compare and contrast the difference between using free weights and weight training machines by incorporating both modes in individual workout routine.
6. analyze improved skills and techniques.
7. explain the need to review safety procedures to avoid injuries.

## **CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Orientation
- II. Lifting techniques for each exercise machine
- III. Use of dumbbells for additional exercise options
- IV. Introduction of free weights into exercise routine
- V. Specific weight training program for men/women
  - A. Procedure for one repetition max
    1. Set and repetition guidelines
    2. Pyramid training
    3. Negative Training
    4. Computation of specific exercise workout weight
- VI. Evaluations
  - A. Workout records
  - B. Body measurement assessment
  - C. Strength test assessment

## **REQUIRED READING:**

Instructor-generated handouts.

## **SUGGESTED READING:**

None.

## **REQUIRED WRITING:**

Skills demonstration is more appropriate.

## **OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts and lecture notes. Practice skills and study for exam.

## **INSTRUCTIONAL METHODOLOGY:**

### **Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes \_\_\_ No X

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	70%
Skills demonstration	20%
Exam	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes X No \_\_\_ Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 (c) (2) (A)

**CONTACT PERSON:** Mario Mendez, Extension 2475

<b>SIGNATURES ON FILE</b>
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