

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 151 Intermediate 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:

Advanced work for toning and muscular development through the use of weights, variable resistance machines, and other weight devices.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. explain flexibility, muscle tone, strength and endurance.
2. explain the difference between beginning and intermediate weight training skill levels.
3. analyze exercise routine to ensure balanced program through agonist/antagonist muscle movement.
4. evaluate "max" testing results and compare previous results to deduce new workout weight for each individual exercise in program routine.
5. identify positive benefits to pursue weight training as a life-long program for health and wellness.
6. compare and contrast the difference between using free weights and weight training machines by incorporating both modes in individual workout routine.
7. explain to beginners the proper and safe way to lift weights.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Principles and methods of resistive training
 - A. strength
 - B. toning
 - C. conditioning
 - D. cardio-vascular

- II. Safety procedures

- III. Training for major muscle groups
 - A. Specific machines for each group
 - B. individual technique for each group

- IV. 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

- V. 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

SIGNATURES ON FILE
