

PHED 46: WEIGHT LIFTING FOR HEALTH & FITNESS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Design and implement a strength training workout applying resistance principles to produce desired training effects
- Demonstrate safe and appropriate use of resistance training machines and free weights

Description

Provides training and instruction on the use of weights for lifetime fitness and health.

Course Objectives

The student will be able to:

1. Participate in a structured and comprehensive program of weight training
2. Develop and apply personal fitness goals
3. Employ correct lifting technique in a variety of resistance exercises
4. Develop, understand, and appreciate the value of proper warm-up
5. Formulate a foundation of knowledge relating to the association between exercise, general nutrition, and body weight stabilization

Course Content

1. Training modalities
 - a. Body weight training
 - b. Pulley training
 - c. Machine training
 - d. Free weights
2. Putting it all together
 - a. What is the goal
 - b. What training approach works best
3. Training concepts
 - a. Interacting with the operational environment
 - b. Biomechanical characteristics
4. Participation in workout program

- a. The need for planning
- b. Periodization

Lab Content

The student will demonstrate:

1. A single-joint motion exercise
2. Multiple-joint exercise
3. Rotational motion exercise
4. Progression of exercises

Special Facilities and/or Equipment

1. Weight stacks, squat racks.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Strength development as measured by:

1. Military press
 2. Bench press
 3. Squats
- Secondary tests
1. Biceps curls
 2. Sit ups
 3. Bar dips
 4. Pull ups

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Laboratory
 Demonstration
 Cooperative learning exercises

Representative Text(s) and Other Materials

Baechle, Thomas R., and Roger N. Earles. Weight Training Steps to Success. 5th ed. 2020.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. The student will read journals, handouts, applicable websites for personal research related to improving their strength

Discipline(s)

Physical Education