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C&GE Approved: April 4, 2019  
Board Approved: May 8, 2019  
Textbook update: Spring 2025  
Semester effective: Spring 2025

Physical Education (PHED) 1523 Beginning Weight Lifting and Physical Fitness (1 Unit) CSU:UC  
[formerly Physical Education 23ABCD]

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit

Catalog Description: This activity course is designed to introduce weight training and physical fitness to the beginning student. This course will introduce the proper techniques of weight training and how the exercise corresponds with the muscles of the human body, along with use of correct safety measures.

Type of Class/Course: Degree Credit

Text:

National Strength & Conditioning Association, editor. *Strength Training*. 2<sup>nd</sup> ed., Human Kinetics, 2016

National Strength & Conditioning Association, and Margaret T. Jones, editors. *NSCA's Guide to Program Design*. 2nd ed. Human Kinetics, 2024.

Additional Instructional Materials: Notebook

Course Objectives:

By the end of the course, a successful student will be able to:

1. Increase cardiovascular endurance,
2. Increase the level of physical fitness in the individuals so they can enjoy participation in recreational and competitive sports,
3. Expand the body's ability to adapt to the stimuli of internal and external forces, and to perform the tasks of everyday living more effectively,
4. Appraise the importance of physical activity and how it plays an important role in extending life expectancy, and
5. Keep accurate records of physical activity performed.

Course Scope and Content:

- Unit I            Introduction, Overview of Course, Expectations, Weight Room Procedures
- A.        Equipment
- B.        Equipment and Weight Room Safety

- Unit II            Stretching, Weight Training
- A.        Static and Dynamic Stretching
  - B.        Free weights
  - C.        Weight machines

- Unit III           Cardiovascular Exercise
- A.        Elliptical Machine
  - B.        Treadmill
  - C.        Stationary Bicycle
  - D.        Walking / Jogging

**Learning Activities Required Outside of Class:**

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1.        Skill practice

**Methods of Instruction:**

1.        Oral Instruction,
2.        Demonstration, and
3.        Mediated Learning.

**Methods of Evaluation:**

1.        Skill demonstrations, including:
  - a.        Performance exams,
  - b.        Skill improvement, and
  - c.        Safe weight lifting technique.

**Supplemental Data:**

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable

Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching