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Textbook update: Spring 2025  
Semester effective: Spring 2025

Physical Education (PHED) 1723 Advanced Weight Lifting and Physical Fitness (1 Unit) CSU

Prerequisite: Successful completion of PHED 1623 with a grade of 'C' or better

Prerequisite knowledge/skills: Before entering the course, the student should be able to:

1. Demonstrate proper use of weight room equipment and safety procedures,
2. Demonstrate ability to build an individual fitness program, and
3. Demonstrate fitness record keeping.

Hours and Unit Calculations:

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

Catalog Description: This activity course will continue to advance upon the proper techniques of weight training that was introduced in Intermediate Weight Training and Physical Fitness. This course is designed for the motivated and fit individual who wishes to increase their physical potential.

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. List methods of providing resistance for muscle,
2. Demonstrate correct safety procedures with regard to weight machines and free weights,
3. Prepare a comprehensive weight-training program based upon sound goals,
4. Appraise the importance of physical activity and how it plays an important role in extending life expectancy,
5. Describe various resistance exercises for specific muscle groups, and
6. Keep accurate records of work out routines and be able to offer suggestions of other exercises that will work muscle groups.

Course Scope and Content (Laboratory):

- Unit I            Introduction, Overview of Course, Expectations, Weight Room Procedures
  - A.      Safety procedures
  - B.      Use of equipment and introduction of new equipment
  - C.      Warm-up and cool-down techniques
  
- Unit II           Stretching, Weight Training
  - A.      Stretching techniques
  - B.      Techniques for improving: power, endurance, strength
  - C.      Different techniques for training, i.e. isometric, plyometric, isotonic
  
- Unit III          Cardiovascular Exercise
  - A.      Elliptical Machine
  - B.      Treadmill
  - C.      Stationary Bicycle
  - D.      Walking / Jogging
  
- Unit IV          Developing a personalized program for an advanced student
  - A.      Muscular fitness assessment
  - B.      Proper exercise prescription and goal setting
  - C.      Program evaluation

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 and
2.      Maintain a workout log-book.

Methods of Instruction:

1.      Oral Instruction
2.      Demonstration
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
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SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: 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