

Bemidji State University

PHED 1300: Skills for Life: Weight Training

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that consists of an individualized or group weight program dealing with the fundamentals and practice of resistance exercise techniques for the development of the human body. Liberal Education Goal Area 11.

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Initial Markings (Leg Extension, Leg Curl, Bench, crunches in 30 sec, walk/run mile)
2. Leg Extension, Leg Curl, DB Bench/Abs & Cardio
3. Tricep Pushdown, DB Bicep Curl, Back Squat/ Abs & Cardio
4. Leg Curl, Leg Adduction w/cables, Military Press/Abs & Cardio
5. Wrist Flex & Ex, Lat Pull Down, Jump Squats/Abs & Cardio
6. Front Squat, Leg Curl, Lawn Mower/Abs & Cardio
7. Tricep Kickbacks, Shoulder T, Front Squat/Abs & Cardio
8. DB Front Lunges, Leg Abduction w/Cables, Bicep Curl w/Bar/Abs & Cardio
9. DB Side Lunges, Leg Extension, Bench (bar)/Abs & Cardio
10. Shoulder Trio, DB Bench, Leg Extension/Abs & Cardio
11. Reverse Squat w/Cables, Leg Curl, Lat Pull Down/Abs & Cardio
12. Shoulder T, DB Bicep Curl, DB Front Lunges/Abs & Cardio
13. Circuit Training/Abs & Cardio
14. Personal Plan

D. LEARNING OUTCOMES (General)

1. develop their capacity to perform critical analysis of weight lifting technique by analyzing their own technique or that of another student.
2. take what they have learned in this class and use it outside of the classroom later in life.
3. develop skills that lead to wellness by demonstrating correct lifting techniques and safety procedures in a weight room.
4. demonstrate the ability to write a summary of published information about strength training.
5. be introduced to specific weight training programs and assist the students in the development of their own program.
6. demonstrate an appreciation for the value of weight training as a form of exercise.
7. be provided with an opportunity to develop their muscular strength, tone, endurance, and/ or size.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted