

# Minnesota State University Moorhead

## PE 102: Weight Training I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for students who have limited weight training experience. Weight training principles, exercises, terminology, safety and etiquette are presented and students participate in a weight training program.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Back Exercises.
2. Shoulder Exercises.
3. Upper Arm Exercises.
4. Chest Exercises.
5. Leg Exercises.
6. Abdomen Exercises.
7. Circuit Training Program.
8. Personal Program.
9. Free Lift

### D. LEARNING OUTCOMES (General)

1. Learn proper lifting technique and safety. Understand the role that weight training plays in complete fitness.
2. Develop a weight training program that best meets the individual's needs.
3. Learn terminology and the basic principles of weight training.
4. Learn about exercises that utilize free weights and weight machines.
5. Improve physical fitness through progress made in muscle strength, muscle endurance and flexibility.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted