Syllabus

HPE 117 Basic Weight Training

General Information

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Author
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Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
117

Course Title
Basic Weight Training

Course Information

Credit Hours
1

Lecture Contact Hours
1

Lab Contact Hours
1

Other Contact Hours
0

Catalog Description
This course will explore basic techniques of weight training, focusing on the various exercises applied in a weight training program, demonstration of proper technique, and development of an overview of a comprehensive training program.

Key Assessment
This course contains a Key Assessment for the AS Physical Education and Exercise Science program

Prerequisites
None
Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality
Inquiry
Perseverance

Course Learning Outcomes

Course Learning Outcomes

1. Identify the wellness benefits of a weight training program and the life-long importance of physical fitness.

2. Execute basic components of a weight training program following standards of practice (e.g., demonstrating correct technique, apply proper safety procedures).

3. Develop a training program based on the evaluation of personal results.

4. Describe principles of muscular strength, muscular endurance and body composition.

Outline of Topics Covered

I. Safe weight training techniques
II. Life-long wellness benefits
III. Components of a weight training program
IV. Schedule of workouts and fitness log
V. Muscular strength
VI. Muscular endurance
VII. Flexibility and range of motion
VIII. Body composition
IX. Free weights
X. Circuit Training
XI. Sets, repetitions and amount of weight
XII. Professional certification requirements
XIII. Physical Fitness Assessment