



Syllabus

HPE 117 Basic Weight Training

General Information

Date

May 24th, 2018

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 (eg. 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