

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 111

Credits: 1

Course Title: Weight Training I

Course Description: Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. Part I of II. Laboratory 2 hours per week.

General Course Purpose: This is a comprehensive weight training course with emphasis placed on developing health-related components of physical fitness. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:
None

Course Objectives:

Upon completing the course, the student will be able to:

- a. Explain the history of weight training;
- b. Define basic weight training terminology;
- c. Discuss human anatomy and physiology as it relates to weight training;
- d. Explain the components of health-related physical fitness;
- e. Summarize the FITT (Frequency, Intensity, Time, Type) principle;
- f. Describe proper weight training safety protocol;
- g. Discuss nutritional guidelines for weight training;
- h. Outline effects of various drugs in weight training;
- i. Demonstrate proper body mechanics;
- j. Develop and/or refine personal wellness goals;
- k. Construct an individualized weight training program based upon the principles of strength development: overload, progression, specificity; and
- l. Develop and/or identify personal wellness goals using the SMART planning method, focused on the improvement of weight lifting and strength endurance.

Major Topics to Be Included:

- a. SMART method for planning
- b. History
- c. Terminology
- d. Equipment
- e. Anatomy and physiology: skeletal system, major muscle groups, and body mechanics
- f. Health-related components of physical fitness (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, body composition, and functional fitness)
- g. FITT (Frequency, Intensity, Time, Type) principle
- h. Safety protocol to include breathing techniques
- i. Nutrition
- j. Drug use and performance (licit and illicit)
- k. Goal setting
- l. Self-assessment

Effective Date of Course Content Summary: October 1, 2015