

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 112

Credits: 1

Course Title: Weight Training II

Course Description: Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. Part II of II. Prerequisite: PED 111. Laboratory 2 hours.

General Course Purpose: This is an advanced weight training course with emphasis placed on refining health-related components of physical fitness based on individual training interests, needs, and goals. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:

Prerequisite: PED 111

Course Objectives:

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

- a. Define advanced weight training terminology;
- b. Analyze human anatomy and physiology as they relate to weight training;
- c. Evaluate progress in the components of health-related physical fitness;
- d. Employ the FITT (Frequency, Intensity, Time, Type) principle;
- e. Demonstrate proper weight training safety protocol;
- f. Analyze nutritional guidelines for weight training;
- g. Evaluate effects of various drugs in weight training;
- h. Demonstrate proper body mechanics;
- i. Teach and critique weight training demonstrations by peers; and
- j. Develop and/or identify personal wellness goals using the SMART planning method, focused on improvement of weight lifting practice and endurance.

Major Topics to Be Included:

- a. SMART planning method
- b. Terminology
- c. Anatomy and physiology: skeletal system, major/minor muscle groups, and body mechanics
- d. Health-related components of physical fitness (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, body composition, and functional fitness)
- e. FITT (Frequency, Intensity, Time, Type) principle
- f. Breathing techniques
- g. Advanced nutritional principles
- h. Drug use and performance (licit and illicit)
- i. Injury prevention
- j. Goal setting
- k. Self-assessment
- l. Peer-assessment

Effective Date of Course Content Summary: October 1, 2015