

**Spokane Community College
Course Learning Outcomes and Outline**

Course Title: Fundamentals of Resistance Training

Prefix and Course Number: PE 138

Course Learning Outcomes:

By the end of this course, a student should be able to:

Analyze basic human movements and match them with representative lifts in the free weight environment.

Demonstrate an understanding of basic resistance training programming.

Identify the major aspects involved in resistance training safety procedures.

Establish a personalized goals and exercise needs analysis.

Course Outline:

I. Safety concerns

A. Posture

1. Neutral spine
2. Muscular innervation

B. Mobility

1. PNF
2. Myofacial

C. Spotting

II. Basic human movement – representative lifts

A. Push

1. Chest press
2. Shoulder press

B. Pull

1. Row
2. Pull up

C. Twist

1. Cable twist
2. MB lateral throw

D. Bend

1. Bent over row
2. Dead lift

E. Squat

1. Squat

F. Locomotion

1. SL reach
2. Lunge

G. Assessment

1. Practical demonstration of proper technique
2. Written examination

III. Needs analysis/ goal setting

A. Mindset analysis

B. Movement and physiological needs

C. Injury prevention needs

D. SMART

E. Assessment of learning

1. Worksheet
2. Reflection paper

IV. Programing

A. Frequency

1. Training status
2. Availability

B. Rest

1. Training status
2. Total stress load

C. Intensity

1. Needs analysis
2. Microcycle

D. Time

1. Goals
2. Training status

E. Type

1. Needs analysis
2. Goals

F. Order

G. Assessment of learning

1. Written examination
2. Written program design