

**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** Weight Training

**Prefix and Course Number:** PE 139

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**Course Learning Outcomes:**

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

- Students will understand proper safety and lifting technique of all Universal, Nautilus and Free Weight Systems.
- Students will understand all safety rules relating to lifting.
- Students will know the major muscle groups and their function as it relates to each lift.
- Students will understand the differences in a variety of training programs-weight training, power lifting, and body building, and be able to differentiate between muscle strength and muscle endurance.

**Course Outline:**

- I. Orientation and Introduction
  - A. Attendance Policy
  - B. Grading Procedure
  - C. Locker/Towel Policy
  - D. Clothing/Workout Gear
  - E. Medical Clearance
- II. Definition of Terms
  - A. Weight Lifting
  - B. Body Building
  - C. Power Lifting
- III. Safety Procedures
  - A. Spotters, Collars, Etc.
- IV. Use of Equipment
  - A. Nautilus Equipment
  - B. Georgio Equipment
  - C. Free Weight Equipment
- V. Proper Lifting Techniques and Procedures
  - A. Use of Belts and Aids
  - B. Breathing
- VI. Drugs, Steroids and Nutrition
  - A. Myths and Facts
  - B. How will they "effect me"
  - C. Long Term Effects
  - D. Rest, Alcohol and Tobacco
- VII. Weight Training and the Cardiovascular
- VIII. Muscle Structure and Function
  - A. General Information
  - B. Characteristic of Muscle Tissue
  - C. Skeletal System
  - D. Atrophy
- IX. Warm-Up, Stretching and Flexibility
- X. Developing Your Individual Program
- XI. Sets/Reps and Resistance
- XII. Record Keeping and Progress
- XIII. Goals and Personal Progress