

Course Objectives/Course Outline
Spokane Community College

Course Title: Weight Training

Prefix and Course Number: PE 239

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

XIV.