

Spokane Falls Community College
COURSE LEARNING OUTCOMES AND OUTLINE

Prefix and Course Number
Course Title

PE 138
FUNDAMENTALS OF RESISTANCE TRAINING

Last Modified: Quarter Year

Course Learning Outcomes

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

-Not Available-

Course Outline

1. Safety concerns
 - A. Posture
 - i. Neutral spine
 - ii. Muscular innervation
 - B. Mobility
 - i. PNF
 - ii. Myofacial
 - C. Spotting
2. Basic human movement – representative lifts
 - A. Push
 - i. Chest press
 - ii. Shoulder press
 - B. Pull
 - i. Row
 - ii. Pull up
 - C. Twist
 - i. Cable twist
 - ii. MB lateral throw
 - D. Bend
 - i. Bent over row
 - ii. Dead lift
 - E. Squat
 - i. Squat
 - F. Locomotion
 - i. SL reach
 - ii. Lunge
 - G. Assessment
 - i. Practical demonstration of proper technique
 - ii. Written examination
3. Needs analysis/ goal setting
 - A. Mindset analysis
 - B. Movement and physiological needs
 - C. Injury prevention needs
 - D. SMART
 - E. Assessment of learning

- i. Worksheet
 - ii. Reflection paper
- 4. IV. Programing
 - A. Frequency
 - i. Training status
 - ii. Availability
 - B. Rest
 - i. Training status
 - ii. Total stress load
 - C. Intensity
 - i. Needs analysis
 - ii. Microcycle
 - D. Time
 - i. Goals
 - ii. Training status
 - E. Type
 - i. Needs analysis
 - ii. Goals
 - F. Order
 - G. Assessment of learning
 - i. Written examination
 - ii. Written program design