

## Master Syllabus

### PED 1203 - Strength Training

**Division:** Liberal Arts, Communication and Social Sciences

**Department:** Physical Education

**Credit Hour Total:** 1.0

**Lab Hrs:** 2.0

**Date Revised:** August 2015

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### Course Description:

Strength Training introduces basic and intermediate strategies to develop an appropriate individual strength training program. Emphasis will be placed on understanding basic program design, implementing and execution of basic strength exercises. This course will include both active participation and academics. Two lab hours per week.

### General Education Outcomes:

- Information Literacy Competency
- Values/Citizenship/Community Competency

### Course Outcomes:

#### Benefits of Physical Activity

State the benefits of being physically active.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

#### Exercises and Major Muscles

Identify the exercises and the major muscles and muscle groups incorporated in this activity.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

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State the benefits of being physically active.

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#### Safety Procedures

Demonstrate exercises using proper safety procedures.

**Assessment Method:** Behavioral observations

**Performance Criteria:** Achieve 80% or higher during participation in this activity.

### Outline:

Components of physical fitness  
Strength training equipment  
Form and technique  
Goal setting  
Nutrition  
Variety of training methods  
Weight room safety and etiquette  
Health and fitness benefits