

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

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
- Values/Citizenship/Community

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.

Benefits of Physical Activity

State the benefits of being physically active.

Assessment Method: Locally developed exams

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Benefits of Physical Activity

State the benefits of being physically active.

Assessment Method: Locally developed exams

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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