

Northwest Arkansas Community College
(Social & Behavioral Sciences Division)

Discipline Code

PEAC

Course Number

1661

Course Title

Weight Training

Catalog Description

Students apply the basic skills of weight training during two 50-60 minutes weight training sessions each week with emphasis on muscular strength and endurance. Course is self-paced under guidance of instructor. A mandatory orientation session must be completed before engaging in course activities. Weight training sessions are held at approved local fitness/ gym locations or the NWACC Fitness Center. Registered students may use the NWACC Fitness Center free of charge.

Prerequisites

N/A

Credit Hours

1 credit hour

Contact hours

15 contact hours

Load hours

1 load hour

Semesters Offered

On Demand

ACTS Equivalent

N/A

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Explain importance of physical fitness for overall health and wellness
- Demonstrate safe and appropriate use of weight training exercise equipment
- Develop and execute personal weight training goals

- Improve muscular strength and endurance

General Education Outcomes Supported

- N/A

Standard Practices

Topics list

- N/A

Learning activities

- N/A

Assessments

- N/A

Grading guidelines

- N/A

Last Revision Date: Spring 2022