

NorthWest Arkansas Community College
Physical Education

PEAC 1661 Aerobic Weight Training

Catalog description:

This is an introductory activity class in weight training which acquaints the students with the proper terminology, techniques, safety procedures, and etiquette in weight training. It is designed to give the students a basic understanding of proper weight training form and help them develop a program they can continue on their own.

Prerequisite:

None

Credit hours/contact hours/load hours

1/1/1

Target Audience & Transfer

Designed for students seeking as Associate of Arts degree and as one of the two-hour requirement options in various programs.

General Course Outcomes:

By completing this course, the student will:

1. learn proper form and techniques to use in weight training
2. learn a variety of weight training lifts for each body part
3. understand how to use the equipment properly and safely
4. demonstrate an understanding of how to keep records
5. be able to identify major muscle groups
6. perform proper warm up and cool down activities
7. be encouraged to continue weight training on their own

Required Text:

Weight Training For Life, Fourth Edition, James L. Hesson, Morton Publishing Company

Topics:

1. Introduction
 - a. first day handouts and daily procedures
 - b. waiver
2. Warm up exercises and beginning of class routines
 - a. stretching
 - b. sign-in
3. Handouts on major muscle groups and food pyramid
4. Discuss rationale for weight training
5. Measurements and weigh in's
6. Safe and effective weight training
 - a. movement
 - b. breathing
 - c. concentration
 - d. timing
 - e. spotting
 - f. record keeping
 - g. station work, and/or circuit training
7. Basic lifts
 - a. chest exercises

- b. shoulder exercises
 - c. arm exercises
 - d. leg exercises
 - e. abdominal and back extension exercises
8. Nutrition and rest
 9. Planning a program

Required Methods of Instruction:

Individual instructors may design the course in any number of ways, keeping the course objectives in mind. This is an activity class and the main objective is to encourage an active lifestyle, therefore, the instructor should be actively involved, motivational, and make the class fun. The main body of the class will consist of lifting weights with the benefits of an active lifestyle and increasing muscle mass in mind.

Required Form of Assessment

This activity course is designed to motivate students to lead an active lifestyle, therefore, attendance and participation will be the main focus of assessment. However, there will be a written final exam covering techniques and topics discussed in class. There will be essay questions which encourage the students to think critically and allow them to express themselves on paper.