

# Inver Hills Community College

## PHED 1109: Weight Training

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Emphasizes individual improvement of body strength and toning through free weights and machine lifting routines, fitness testing, and individual weight programs. Discussions include fitness components, fitness principles, muscle identification, proper lifting technique, nutritional guidelines, and body composition. Students will develop a personal weight-training program based on their fitness pretests and goals. This course may be taken twice for a maximum of four credits.

**B. COURSE EFFECTIVE DATES:** 07/01/2002 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic nutritional and dieting principles: 15%
2. Body composition: 10%
3. Fitness components: 25%
4. Fitness principles: 25%
5. Muscle identification, exercises to train: 25%

### D. LEARNING OUTCOMES (General)

1. Locate and identify major muscle groups
2. Discuss principles used in weight training
3. Discuss body composition and nutritional recommendations
4. Participate in weight lifting exercises
5. Articulate the use of weight lifting as part of a total fitness program
6. Design a weight-training program

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted