

Common Course Outline for: *EXSC 1200 Beginning Weight Training*

A. Course Description

1. Number of credits: 1
2. Lecture hours per week: 1 hour
Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

This course provides basic weight training instruction; safe and effective equipment use and basic program design to reach personal strength goals. Students will create and participate in a personalized strength building program.

B. Date last revised: 01/01/2019

C. Outline of Major Content Areas

1. Components of Fitness, Importance of Personal Fitness, and Principles of Fitness Programs
2. Cardiovascular Fitness, Training Zone and Monitoring Heart Rate
3. Muscular Strength, Endurance and Power
4. Flexibility and Stretching Techniques
5. Guidelines for Exercise Frequency and Intensity
6. Instruction in the Use of Equipment
7. Body Composition, Weight Control and Nutrition

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Learn the value of muscle strength and endurance and flexibility
2. Improve Muscle strength and endurance and flexibility
3. Become acquainted with various exercises that promote increases in muscle strength and endurance and flexibility as well as proper and safe techniques
4. Develop a person program of muscle strength and endurance and flexibility
5. Gain a basic understanding of exercise physiology and anatomy as well as safety concepts of periodization associated with muscle strength and endurance and flexibility

E. Methods for Assessing Student Learning

Students will be evaluated on their personalized exercise program, strength training skill test, daily workout participation, and a written final exam.

F. Special Information None