**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**PHE 257 – Weight Training for Fitness**

**Course Outline**

**Course Number & Name:**  PHE 257 Weight Training for Fitness

**Credit Hours:**  1.0 **Contact Hours:**  2.0 **Lecture:** N/A **Lab:**  2.0 **Other:**  N/A

**Prerequisites**:  None

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Spring 2011

**Course Description**: Students are required to follow a regimen of progressive, resistance exercises for developing physical fitness. Individual assistance is rendered to help the student with the regimen in order to build strength, stamina, endurance, and muscle tone. At the end of the fifteen-week course, students will complete a personal assessment of their individual progress.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. demonstrate techniques for building arm strength;

2.    demonstrate techniques for building chest and back muscles; and

3. demonstrate techniques for building leg strength.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Demonstrate techniques for building arm strength:

* 1. *demonstrate the bicep curl;*
  2. *demonstrate pull-ups;* and
  3. *demonstrate push-ups*

2. Demonstrate techniques for building chest and back muscles:

2.1 *demonstrate the lat pull-down;*

2.2 *demonstrate the seat row;* and

2.3 *demonstrate the one-arm dumbbell row*

3. Demonstrate techniques for building leg strength:

3.1 *demonstrate the leg press;*

3.2 *demonstrate the leg extension;* and

3.3 *demonstrate the leg curl*

**Methods of Instruction**: Instruction will consist of a combination of demonstration, discussion, and individual workout sessions.

**Outcomes Assessment:** Checklist rubrics are used to evaluate weight training techniques performance (during Practical Skill Tests and the Final Exam) for the presence and mastery of course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Attend all classes on time and actively participate in class.

2. Take all tests and exams as scheduled.

**Methods of Evaluation:** Final course grades will be computed as follows:

**% of**

**Grading Components final course grade**

* **Attendance & Class Participation 20%**

Students need to attend and participate in class to benefit from the guidance of the instructor, to observe necessary demonstrations, and to practice weight training techniques.

* **4 or more Practical Skill Tests** (dates specified by the instructor) 50%

The Practical Skill Tests will provide evidence of the level of student mastery of the weight training techniques that are covered during the first half of the semester.

* **Final Exam** (date specified by the instructor) 30%

The comprehensive Final Exam will provide evidence of the level of student mastery and synthesis of the movements and strategies involved in weight training techniques covered throughout the semester.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** There is no text for this course.

**Week Topics**

1 – 4 Warm-Up Exercises – Learning How to Properly Warm Up

5 **Practical Skill Test #1** (Warm-Up Exercises)

6 – 7 Weight Training – Lift Weights to Build Arm Strength

8 **Practical Skill Test #2** (Arm)

9 – 10 Weight Training – Lift Weights to Build Chest and Back Muscles

11 **Practical Skill Test #3** (Chest and Back)

12 – 13 Weight Training – Lift Weights to Leg Strength

14 **Practical Skill Test #4** (Leg)

15 Review of All Weight Training Exercises, **Final Exam**