

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 111

Credits: 2

Course Title: Weight Training I

Course Description (including lecture hours, lab hours, total contacts)

Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week

General Course Purpose

To develop the understanding of what it takes to build a muscular and healthy body by means of free weights and machine weights.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*):

None

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Recall and apply the components of physical fitness.
- b. Outline the procedures to start a weight training program
- c. Summarize the fundamental principles involved in a sound weight-training program
- d. Summarize the nutritional guidelines that must be utilized in weight training.
- e. Outline the effects of various drugs in weight training

Major Topics to be Included

- a. Components of physical fitness
- b. Applying the components of physical fitness
- c. Fundamental principles of weight training
- d. Self-assessment
- e. Abdominal exercises
- f. Women and weight training
- g. Nutrition
- h. Drugs
- i. Major muscle groups
- j. Types of equipment

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008