

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

**Course Prefix and Number: PED 112**

**Credits: 2**

**Course Title:** Weight Training II

**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**

Through further knowledge of safe practices of lifting weights and equipment usage, the student will be able to hone his/her skills in the weight room.

**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. Understand the 4 major components of physical fitness.
- b. Set up and maintain a weight lifting program.
- c. Evaluate progress in muscular strength, endurance, and flexibility.
- d. Identify specific muscle group.

**Major Topics to be Included**

- a. Assessment of muscular strength, muscular endurance, flexibility, and cardiovascular endurance
- b. Importance and benefits of lifting
- c. Four major components of physical fitness
- d. Development of proper lifting techniques
- e. Major muscles
- f. Coverage of the various training concepts
- g. Basic nutrition
- h. Influence of drug use and abuse
- i. Types of equipment

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