



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

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### COURSE SYLLABUS: PE 104 WEIGHT TRAINING

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**CONTACT HOURS:** 6.40 hours of instruction per week

**TEXTBOOK** Suggested: Men: THE YEAR ONE CHALLENGE for MEN Michael Matthews  
Women: THE YEAR ONE CHALLENGE for WOMEN Michael Matthews

**COURSE DESCRIPTION:** Students will develop an understanding and familiarity the equipment necessary to improve their overall physical health, by using a variety of exercises including cardio vascular development, strength building, endurance training and flexibility.

#### **STUDENT LEARNING OUTCOMES:**

To expose students to a broad range of information related to the understanding and development of muscular fitness. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs involving resistance training.
- Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
- Become familiar with a variety of exercise programs.
- Improve their current level of physical fitness.

In addition, students will apply their knowledge of resistance training by developing a process-oriented fitness goal and designing a comprehensive workout program.

#### **Major Topics and Activities:**

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Techniques
- Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Flexibility
- Muscle Balance

#### **Evaluation Procedures:**

Weekly Exercise Log and Personal Progress Report  
Participation

40 points  
100 points



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#### Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absences. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. And so on. Should a student miss a 7<sup>th</sup> class unexcused he/she will receive an F for the semester. Tardies are counted; after 2 they become an absence. Instructor will not drop you. If you miss classes you will receive the grade that corresponds to the grading policy.

**YOU ARE RESPONSIBLE FOR SIGNING IN EVERY CLASS. ATTENDANCE IS CHECKED TEN MINUTES INTO THE CLASS. IF YOU ARE NOT SIGNED IN, YOU ARE CONSIDERED ABSENT.**

Examples of ***EXCUSABLE*** absences that are allowed be made up:

- illnesses confirmed by a doctor
- court duties

That student is responsible for making up the excused absence at a time and place that is agreed upon by both student and instructor, up to two make ups only. All excused absences need to be communicated to the instructor *prior* to or immediately following the date that the student will be/is absent. It is the responsibility of the student to inform the instructor prior to the date of the class that she/he will not be present and to initiate a make up day. Should the class not be made up within a ***ONE week time period***, the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed. Attendance is taken at the beginning and end of each class session.

#### Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include:

- Shorts
- T-shirts
- Tennis shoes (a.k.a. gym shoes/sneakers) no bare feet allowed
- Bring a small towel to use to wipe down equipment after use.
- Reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.).
- No spaghetti strap tank tops or mid drifts exposed.
- One warning for inappropriate dress will result in student not being allowed to participate in class and receiving an un-excused absence for that day.
- You are advised to not wear jewelry to class



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### COURSE SYLLABUS: PE 104 Weight Training

#### Rules and Procedures:

Students may bring their own lock and secure a locker in the designated locker rooms for the semester. Lockers must be cleared out at the end of winter session. Do not bring backpacks or personal items into the fitness center, use a locker.

Do not bring food or drinks into the fitness center, water in sport type plastic bottles is acceptable.

If you are injured during class, notify the instructor immediately.

#### Recommended Reading and Resources:

*Weight Training Instruction and Information*

Delavier, Frédéric. Strength Training Anatomy. 2nd Edition. 2007

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>

*Guidelines and resource information:*

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

<http://www.mayoclinic.com/index.cfm> (go to Fitness and Sports Medicine Center)

*Injury prevention:*

<http://familydoctor.org/handouts/147.html>

[http://en.wikipedia.org/wiki/Category:Overuse\\_injuries](http://en.wikipedia.org/wiki/Category:Overuse_injuries)

*Motivation & behavior change:*

<http://www.uri.edu/research/cprc/transtheoretical.htm>

<http://www.d.umn.edu/student/loon/acad/strat/motivate.html>

*Nutrition Tips:*

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000>