

North Central Michigan College

Date Last Revised October 2, 2002

DIVISION/AREA: Science and Human Services DEPARTMENT: Physical Education

DIVISION DIRECTOR: Polly Flippo ORIGINATOR: Polly Flippo

DEAN OF INSTRUCTION: Timothy Dykstra, PhD

TOTAL HOURS OF INSTRUCTION: LECTURE: 0 LAB: 2 TOTAL CONTACT HOURS: 2

COURSE NUMBER: PE 117 CREDIT HOURS: 1

COURSE TITLE: Resistance Training

TRANSFERABLE YES: NO: **X** TO:

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY: PE 116

CATALOG DESCRIPTION:

Instruction in basic skills of muscular strength and endurance development, theories of strength training, equipment and safety in lifting. May be repeated.

GENERAL EDUCATION OUTCOMES:

The purpose of General Education requirements in our degree programs is to enable students to develop their ability to reason, to communicate effectively in both oral and written form, and to acquire sufficient knowledge of their heritage to participate fully in society and the world.

COURSE OBJECTIVES & OUTCOMES:

1. See measurable increases in muscular strength and/or tone based on the student's goals.
 2. Demonstrate proper safety techniques.
 3. Learn about a healthier lifestyle.
 4. Be able to design a variety of unique resistance training programs based on different goals.
 5. Learn about the musculature of the body.
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METHODS OF INSTRUCTION:

Demonstration, return demonstration, biweekly training sessions.

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METHODS OF EVALUATION:

Attendance and training log.

REQUIRED TEXTS: None

OPTIONAL SUPPLEMENTARY MATERIALS:

Reasonable accommodations may be provided for students with documented physical, sensory, cognitive, systemic, and/or psychiatric disabilities. Please contact the Education Opportunity Program (EOP) at (231) 348-6687 to arrange services for this course.

TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

The activities of this course are designed to provide an opportunity for strength development and conditioning. Emphasis is on how the human body responds to weight training. Students are taught the proper principles of training as well as the proper techniques of training. Student are expected to attend biweekly training sessions. Topics to be covered throughout the semester include:

Fitness Assessment
Weight Training Concepts
Equipment Management
Cardiovascular Training
Alternative Lifting Program
Fitness Re-Assessment

