

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2005

Type of Action:

- New
- Modification
- Cancellation

Course Alpha and Number: PE 146

Course Title: Beginning Weight Training

Reason for initiating, revising, or canceling:

This course guide is being modified/revised to reflect the change in the departmental name as well as to fulfill the required 3 year update/review.

----- <i>Godfunde</i>	<i>8/10/05</i>
Proposer	Date
----- <i>Godfunde</i>	<i>8/10/05</i>
Department Chair	Date
----- <i>[Signature]</i>	<i>8/19/05</i>
English and Format Reviewer	Date
----- <i>[Signature]</i>	<i>8/19/05</i>
Academic Council Chair	Date
----- <i>[Signature]</i>	<i>08/19/2005</i>
Dean of Academic Programs and Services	Date

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Course Guide

Course: PE 146 Beginning Weight Training

1. Department

Human Performance and Athletics

2. Purpose

PE 146 provides a class for students to learn the proper mechanics of weight training. Emphasis will be placed on exercises for all muscle groups, specifically the seven major muscle groups.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

None

B. Contact Hours

1. Lecture:
2. Lab:
3. Other: 2 hours/ week; 30 hours/semester

C. Credits

1. Number: 1
2. Type: Regular Degree Credit

D. Catalogue Course Description

Course content is designed to emphasize physical fitness with special emphasis on muscular strength and endurance. Students are introduced to the basic principles of beginning weight training. Evaluation of individual needs and fitness programming is included.

(English Placement Level: EN 073/074)

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the Physical Education requirement under the general education requirements for a Liberal Arts degree.

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F. Course Activities and Design

Activities will include instruction and videotapes on weight training skills, fundamentals, and strategies and health related subjects, such as cardiovascular fitness, nutrition, stretching, proper warm-up and cool-down exercises. Practical instruction activities include the teaching of various weight training skills and student practice of each exercise at each class meeting. Emphasis will be placed on proper lifting mechanics.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: NONE

Concurrent Course Enrollment: NONE

English Placement Level: EN 073/074

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1 credit course and the Consolidated Course Fee

Cost to the College: Instructor's salary

Instructional resources needed for this course include: weight training equipment, white board and white board markers, TV/VCR and videotaped programs.

6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

A: Excellent – grade points: 4.0;

B: Above average – grade points: 3.0;

C: Average – grade points: 2.0;

D: Below average – grade points: 1.0;

F: Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Basic Weight Training
 - 1.1 Benefits of weight training
 - 1.2 Improved sports performance
 - 1.3 Enhanced self-image
 - 1.4 Competitive outlet

- 2.0 Weight Training and Your Body
 - 2.1 Your body's responses to weight training
 - 2.2 Muscle structure and strength
 - 2.3 Weight training and your health

- 3.0 Basic Principles of Weight Training
 - 3.1 Weight training as part of the total fitness program
 - 3.2 Weight training as part of a general conditioning and wellness program

- 4.0 How Weight Training Improves Your Body
 - 4.1 Stress adaptation
 - 4.2 Types of weight training exercises
 - 4.2.1 Isometric exercise
 - 4.2.2 Isotonic exercise

- 5.0 Getting Started: The Basics of Weight Training
 - 5.1 Medical check-up
 - 5.2 What to wear
 - 5.3 Weights and other resistive exercise equipment
 - 5.4 Structure of the weight-training program
 - 5.4.1 Number of training sessions per week
 - 5.4.2 Warm-up
 - 5.4.3 Cool-down
 - 5.4.4 Choosing the correct weight

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- 5.4.5 Order of exercises and development of antagonistic muscle groups
- 5.4.6 Sets and repetitions
- 5.5 Proper mechanics of exercise

- 6.0 Developing the Chest and Shoulders
 - 6.1 Exercises to build the chest
 - 6.2 Exercises to develop the shoulders

- 7.0 Developing the Arms
 - 7.1 Exercises for the front of the arm
 - 7.2 Exercises for the back of the arm
 - 7.3 Exercises for the forearm

- 8.0 Developing the Neck and Back
 - 8.1 Exercises for the neck
 - 8.2 Exercises for the upper back: The traps
 - 8.3 Exercises for the upper back: The latissimus dorsi
 - 8.4 Exercises for the lower back

- 9.0 Developing the Abdominal Muscles
 - 9.1 Abdominal and hip-flexor exercises
 - 9.2 Exercises for the obliques

- 10.0 Developing the Lower Body
 - 10.1 Multi-joint lower-body exercises
 - 10.2 Auxiliary exercises for the lower body
 - 10.3 Advanced lifts

- 11.0 Exercises to Develop Speed and Power
 - 11.1 How to improve power for sports
 - 11.2 Plyometrics and speed exercises
 - 11.3 Basic speed and power exercises

- 12.0 Nutrition for Weight Training
 - 12.1 Planning a healthy diet
 - 12.2 The role of exercise and nutrition
 - 12.3 Diet and performance
 - 12.4 Anabolic steroids

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8. Instructional Goals

This course will introduce students to:

- 1.0 An increased level of cardiovascular fitness and muscular strength;
- 2.0 Safe and effective flexibility exercises;
- 3.0 The methods used in weight training and components of physical fitness;
- 4.0 Proper mechanics of various weight-lifting exercises;
- 5.0 Safety precautions to be used with weight machines and free weights;
- 6.0 Positive self-image through participation; and
- 7.0 The process, techniques, and ingredients for safely developing muscular strength and cardiovascular endurance.

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Demonstrate an increased level of cardiovascular fitness and muscular strength;
- 2.0 Demonstrate safe and effective flexibility exercises;
- 3.0 Identify the methods used in weight training and components of physical fitness;
- 4.0 Demonstrate proper mechanics of various weight-lifting exercises;
- 5.0 Explain safety precautions to be used with weight machines and free weights;
- 6.0 Demonstrate a positive self-image through participation; and

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- 7.0 Identify the process and describe the techniques and ingredients of safely developing muscular strength and cardiovascular endurance.

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10. Assessment Measures

Assessment of student learning may include the following:

- 1.0 Quizzes and Exams;
- 2.0 Skills tests (i.e. lifting techniques);
- 3.0 Participation; and
- 4.0 Attendance