

# EASTERN ARIZONA COLLEGE

## Beginning Weights I

Course Design  
2016-2017

**Course Information**

**Division** Health & Physical Education  
**Course Number** HPE 101Y  
**Title** Beginning Weights I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab

**Transfer Status**

ASU	NAU	UA
KIN 105, EXW 105	PES Departmental Elective	PE Departmental Elective, PE Activity Credit limit of three units

**Activity Course** Yes  
**CIP Code** 31.0501  
**Assessment Mode** Portfolio  
**Semester Taught** Upon Request  
**GE Category** AAS degree only  
**Separate Lab** No  
**Awareness Course** No  
**Intensive Writing Course** No

**Prerequisites**

None

**Educational Value**

Anyone who desires to learn about proper weight lifting techniques. Students involved in athletics to help increase their strength, conditioning and performance. Anyone who desires to improve his or her lifetime fitness.

**Description**

Weight lifting class designed to increase body strength using free weights and universal weight equipment. Students will learn basic weight lifting techniques and lifts to target particular muscle groups. Students will also learn a lifetime physical fitness skill to increase their level of fitness.

**Supplies**

Work out attire

## **Competencies and Performance Standards**

### **1. Correctly perform three lifts that target the chest area.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Demonstrate bench press.
- b. Demonstrate incline press.
- c. Demonstrate flat flies.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by instructor evaluation and observation of learner performing the bench press, incline press, and flat flies

*Criteria - Performance will be satisfactory when:*

- o learner performs the bench press, incline press and flat flies using proper technique
- o learner describes the proper procedure associated with the three lifts

### **2. Correctly perform three lifts that target the biceps and three lifts that target the triceps.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Demonstrate seated dumbbell curl.
- b. Demonstrate preacher curl.
- c. Demonstrate straight bar arm curl.
- d. Demonstrate bar dips.
- e. Demonstrate kickbacks.
- f. Demonstrate triceps pushdown.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by instructor observation and evaluation of student performing the six lifts that target the biceps and triceps

*Criteria - Performance will be satisfactory when:*

- o learner performs the seated dumbbell curl, preacher curl, straight bar arm curl, bar dips, kickbacks, and triceps pushdown using proper technique
- o learner describes the proper technique associated with the six lifts

### **3. Correctly perform three lifts that target the back.**

#### **Learning objectives**

*What you will learn as you master the competency:*

- a. Demonstrate seated row.
- b. Demonstrate bent over row.
- c. Demonstrate lat pull-downs.

#### **Performance Standards**

*Competence will be demonstrated:*

- o by instructor observation and evaluation of student performance of the three lifts that

target the back

*Criteria - Performance will be satisfactory when:*

- learner performs seated row, bent over row and lat pull downs using proper techniques
- learner describes the proper procedure associated with the three lifts

**4. Correctly perform three lifts that target the shoulders.**

***Learning objectives***

*What you will learn as you master the competency:*

- a. Demonstrate military press.
- b. Demonstrate front raises.
- c. Demonstrate upright row.

***Performance Standards***

*Competence will be demonstrated:*

- by instructor observation and evaluation of learner performing the three lifts that target the shoulders

*Criteria - Performance will be satisfactory when:*

- learner performs the military press, front raises, and upright row using proper technique
- learner describes the proper procedure associated with the three lifts

**5. Correctly perform four lifts that target the legs.**

***Learning objectives***

*What you will learn as you master the competency:*

- a. Demonstrate back squat.
- b. Demonstrate leg curl.
- c. Demonstrate leg extensions.
- d. Demonstrate hang cleans.

***Performance Standards***

*Competence will be demonstrated:*

- by instructor evaluation and observation of the learner performing the four lifts that target the legs

*Criteria - Performance will be satisfactory when:*

- learner performs the back squat, leg curl, leg extension, and hang clean using the proper techniques
- learner describes the proper techniques associated with the four lifts

***Types of Instruction***

On Campus Laboratory and Clinicals

**Grading Information**

**Grading Rationale**

Portfolio	10%
Performance	30%
Attendance	60%

**Grading Scale**

A	90% or above
B	80-89%
C	70-79%
D	60-69%
F	59% or below