EASTERN ARIZONA COLLEGE
Professional Activities - Weight Training
Course Design
2014-2015

Course Information
Division: Health & Physical Education
Course Number: HPE 211
Title: Professional Activities - Weight Training
Credits: 2
Developed by: Jim Bagnall
Lecture/Lab Ratio: 1 Lecture/2 Lab
Transfer Status:
<table>
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<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tbody>
<tr>
<td>KIN Dept Elective, EXW Dept Elective</td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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Activity Course: No
CIP Code: 51.0800
Assessment Mode: Pre/Post Test (20 Questions/20 Points)
Semester Taught: Spring
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
This course is intended for the Health and Physical Education Major.

Description
Introduction to basic resistance training principles. This includes history, anatomy, physiology, biomechanics, weight training principles and concepts, program development, and assessment. Identical to HHP 211.

Supplies
None
Competencies and Performance Standards

1. Describe and demonstrate three exercises that target the chest area
   
   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Explain and demonstrate the bench press.
   b. Explain and demonstrate the incline press.
   c. Explain and demonstrate flat flies.

   **Performance Standards**
   
   You will demonstrate your competence:
   
   o instructor observation/evaluation of learner demonstrating these exercises
   o correctly answering test questions pertaining to these exercises

   Your performance will be successful when:
   
   o you successfully demonstrate these exercises
   o you successfully explain the techniques to these exercises

2. Describe and demonstrate three exercises that target the shoulders

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Explain and demonstrate the military press.
   b. Explain and demonstrate front raises.
   c. Explain and demonstrate the upright row.

   **Performance Standards**
   
   You will demonstrate your competence:
   
   o instructor observation/evaluation of learner demonstrating these exercises
   o correctly answering test questions pertaining to these exercises

   Your performance will be successful when:
   
   o you successfully demonstrate these exercises
   o you successfully explain the techniques of these exercises

3. Describe and demonstrate three exercises that target the triceps

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Explain and demonstrate bar dips.
   b. Explain and demonstrate kickbacks.
   c. Explain and demonstrate triceps pushdowns.

   **Performance Standards**
   
   You will demonstrate your competence:
   
   o instructor observation/evaluation of learner demonstrating these exercises
   o correctly answering test questions pertaining to these exercises

   Your performance will be successful when:
   
   o you successfully demonstrate these exercises
4. Describe and demonstrate three exercises that target the biceps

**Learning objectives**

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

a. Explain and demonstrate the seated dumb bell curl.
b. Explain and demonstrate the preacher curl.
c. Explain and demonstrate the straight bar arm curl.

**Performance Standards**

*You will demonstrate your competence:*

- instructor observation/evaluation of learner demonstrating these exercises
- correctly answering test questions pertaining to these exercises

*Your performance will be successful when:*

- you successfully demonstrate these exercises
- you successfully explain the techniques of these exercises

5. Describe and demonstrate three exercises that target the back

**Learning objectives**

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

a. Explain and demonstrate the seated row.
b. Explain and demonstrate the bent over row.
c. Explain and demonstrate the lat pull down.

**Performance Standards**

*You will demonstrate your competence:*

- instructor observation/evaluation of learner demonstrating these exercises
- correctly answering test questions pertaining to these exercises

*Your performance will be successful when:*

- you successfully demonstrate these exercises
- you successfully explain the techniques of these exercises

6. Describe and demonstrate three exercises that target the legs

**Learning objectives**

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

a. Explain and demonstrate the back squat.
b. Explain and demonstrate the leg curl.
c. Explain and demonstrate the leg extension.

**Performance Standards**

*You will demonstrate your competence:*

- instructor observation/evaluation of learner demonstrating these exercises
- correctly answering test questions pertaining to these exercises
Your performance will be successful when:
- you successfully demonstrate these exercises
- you successfully explain the techniques of these exercises

7. **Explain the general safety issues that occur while performing weight training exercises**

*Learning objectives*

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

a. Explain the need for proper clothing while weight lifting.
b. Explain the need for use of a weight belt.
c. Explain the need for spotters while weight lifting.
d. Explain the need for proper communication while in the weight room.

*Performance Standards*

*You will demonstrate your competence:*
- correctly answering test questions pertaining to safety issues

Your performance will be successful when:
- you successfully explain the safety issues

8. **Explain the fundamentals of weight training programs**

*Learning objectives*

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

a. Explain the methods and goals of strength training.
b. Explain the methods and goals of muscular endurance training.
c. Explain the methods and goals of bodybuilding training.
d. Explain the methods and goals of sport training.

*Performance Standards*

*You will demonstrate your competence:*
- correctly answering test questions pertaining to the training programs

Your performance will be successful when:
- you successfully explain the mechanics of the training programs

*Types of Instruction*

Classroom Presentation
On-Campus Clinical

*Grading Information*

*Grading Rationale*

<table>
<thead>
<tr>
<th>Skill Category</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Skills explanation/demonstration</td>
<td>40%</td>
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<tr>
<td>Testing</td>
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<tr>
<td>Assignments</td>
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<td>Pre-Post Tests</td>
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Grading Scale
A  90% or above
B  80-89%
C  70-79%
D  60-69%
F  59% or below