

Cerro Coso College  
**Course Outline of Record Report**  
 10/19/2021

## PHEDC106 : Weight Training II

### General Information

Author:	-
Course Code (CB01) :	PHEDC106
Course Title (CB02) :	Weight Training II
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000267907
Curriculum Committee Approval Date:	04/04/2016
Board of Trustees Approval Date:	05/05/2016
External Review Approval Date:	07/16/2013
Course Description:	This intermediate level course provides knowledge and strength development. The course emphasizes development of a weight training program and adaptation of strength training to individual needs. The course includes proper care and utilization of equipment involved and the importance of safety.
Submission Type:	New Course
Author:	No value

### Faculty Minimum Qualifications

Master Discipline Preferred:	• Physical Education
Alternate Master Discipline Preferred:	No value
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

### Course Development Options

<b>Basic Skills Status (CB08)</b> Course is not a basic skills course.  <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Course Special Class Status (CB13)</b> Course is not a special class.  <b>Allowed Number of Retakes</b> 0	<b>Grade Options</b> <ul style="list-style-type: none"> <li>• Letter Grade Methods</li> <li>• Pass/No Pass</li> </ul> <b>Course Prior To College Level (CB21)</b> Not applicable.
<b>Rationale For Credit By Exam/Challenge</b>	<b>Retake Policy Description</b>	

No value

Type:|Non-Repeatable Credit

Allow Students to Audit Course

Course Support Course Status (CB26)

No value

### Associated Programs

Course is part of a program (CB24)

Associated Program

Award Type

Active

CC Kinesiology for Transfer

A.A. Degree for Transfer

Spring 2018 to Fall 2018

### Transferability & Gen. Ed. Options

Course General Education Status (CB25)

No value

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

### Units and Hours:

#### Summary

Minimum Credit Units (CB07) 1

Maximum Credit Units (CB06) 1

Total Course In-Class (Contact) Hours 36

Total Course Out-of-Class Hours 18

Total Student Learning Hours 54

Faculty Load 0

#### Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non Credit Category (CB22)

Credit Course.

Non-Credit Characteristic

No Value

Course Classification Status (CB11)

Credit Course.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	2	1

### Course Student Hours

**Course Duration (Weeks)** 18

**Hours per unit divisor** 0

#### Course In-Class (Contact) Hours

Lecture 0

Laboratory 0

Activity 0

**Total** 36

#### Course Out-of-Class Hours

Lecture 0

Laboratory 0

Activity 0

**Total** 18

### Time Commitment Notes for Students

No value

### Faculty Load

**Extra Duties:** 0

**Faculty Load:** 0

### Units and Hours: - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

## Entrance Skills

Entrance Skills

Description

No value

No value

## Limitations on Enrollment

Limitations on Enrollment

Description

No value

No value

## Specifications

### Methods of Instruction

Methods of Instruction

Other

Rationale

Other Methods: A. Lecture and demonstration weight training topics/skills  
B. Discussion of weight training topics/skills

Methods of Instruction

Lecture

Rationale

No value

Methods of Instruction

Demonstration

Rationale

No value

Methods of Instruction

Discussion

Rationale

No value

### Assignments

Create a two week individualized weight training program using the variables of a fitness program. Complete a take home written test covering class SLO's, class related questions, and self examination questions.

### Methods of Evaluation

### Rationale

Tests

Written final examination on concepts, types of exercises, and individual programs

Homework

Hand written/typed self evaluation of recorded student's performance

Participation

Student participation

Participation

Evaluation of student program progress

### Equipment

No Value

### Textbooks

Author

Title

Publisher

Date

ISBN

This is for no textbook option

This is for no textbook option  
No Author. (2000) No Textbook  
Is Required, , No Publisher

No Author. (2000) No Textbook  
Is Required, , No Publisher

### Other Instructional Materials

No Value

### Materials Fee

No

## Learning Outcomes and Objectives

### Course Objectives

No value

### CSLOs

Formulate an individualized intermediate weight training program that contains exercises from all major muscle groups. Expected SLO Performance: 70.0

Perform proper intermediate lifting techniques from each of the muscle groups. Expected SLO Performance: 70.0

Explain physiological benefits of strength and endurance training. Expected SLO Performance: 70.0

# Outline

## Course Outline

- A. Weight training and body fat
  - 1. Preservation of lean body mass
  - 2. Metabolism
- B. Over-training
  - 1. Symptoms
  - 2. Intensity
  - 3. Imbalance
- C. Training guidelines
  - 1. Frequency of training
  - 2. Intensity of training
  - 3. Duration of training
  - 4. Resistance training
  - 5. Flexibility training
- D. Drugs and supplements
  - 1. Muscle hypertrophy
  - 2. Speed recovery
  - 3. Prevents over-training
  - 4. Increases training intensity
  - 5. Fat; body water and appetite
- E. Intermediate program development
  - 1. Determination of starting weights
  - 2. Selection of types of exercises
  - 3. Changing program workloads
- F. Intermediate chest exercises
  - 1. Machine flys
  - 2. Pullovers
  - 3. Cable crossovers
- G. Intermediate shoulder exercises
  - 1. Overhead press machines
  - 2. Shoulder raises
- H. Intermediate arm exercises
  - 1. Preacher curls
  - 2. Reverse curls
  - 3. Pole curls (with partner)
- I. Intermediate back and neck exercises
  - 1. Dumbbell Pullovers
  - 2. Incline reverse dumbbell rows
  - 3. Seated cable rows
  - 4. Barbell shrugs
- J. Intermediate abdominal exercises
  - 1. Reverse crunch on bench
  - 2. Bicycle exercises
- K. Intermediate leg exercises
  - 1. Front squats
  - 2. Wall squats
  - 3. Lunges
- L. Training programs
  - 1. Light to heavy
  - 2. Heavy to light
  - 3. Pyramid
  - 4. Ladder

## Delivery Methods and Distance Education

**Delivery Method:** Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

Face 2 Face

**Rigor Statement:** Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

**Effective Student-Instructor Contact:** Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

s508\_itv

s508\_moodle

s508\_publisher

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value