



Alabama Community College System

PED 103 Weight Training (Beginning)

I. PED 103 Weight Training (Beginning)—1 Semester Hour

II. Course Description

This course introduces the basics of strength training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program.

Prerequisite

As required by program

III. Textbook

NOTE: Please replace this statement with textbook information.

Due to the varied selection of quality college-level textbooks, each college will select the textbook needed to meet the requirements of this course.

IV. Course Learning Outcomes

By the end of the course, students will be able to:

1. Define muscle strength, endurance, flexibility, and its relationship to fitness and wellness.
2. Administer and interpret fitness tests that assess muscular strength, endurance, flexibility, and body composition.
3. Develop a weightlifting fitness program.

V. Course Outline of Topics

1. Five Components of Health-Related Fitness
2. Target Heart Rate
3. Muscle Physiology
4. Endurance
5. Flexibility
6. Weightlifting Techniques
7. Safety and Spotting

VI. Evaluation and Assessment

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

VII. Attendance

Students are expected to attend all classes for which they are registered. Students who

are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

VIII. Statement on Discrimination/Harassment

It is the official policy of the Alabama Community College System and entities under its control, including all Colleges, that no person shall be discriminated against on the basis of any impermissible criterion or characteristic, including, without limitation, race, color, national origin, religion, marital status, disability, sex, age, or any other protected class as defined by federal and state law. (ACCS Policies 601.02 and 800.00)

IX. Americans with Disabilities

The Rehabilitation Act of 1973 (Section 504) and the *Americans with Disabilities Act* of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College.