

I. COURSE INFORMATION

- A. Health and Physical Education 131 Weights and Conditioning
- B. 1 credit hour
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to offer the student instruction and performance opportunities in exercise activities, specifically resistance and cardiovascular training. Techniques and safety will be addressed for all exercises performed. Each student should use this class to achieve specific physical fitness goals.

III. LEARNING OUTCOMES

- A. Develop a personal program for maintenance of ideal body composition, flexibility, muscular strength, endurance and cardiovascular conditioning
- B. Learn the components of wellness and individual skills that have potential for promoting lifetime fitness participation
- C. Learn the skills for success in self-improvement, physical fitness and wellness through self-motivation, goal-setting and discipline

IV. MAJOR CONTENT AREAS

- A. Maintenance program
- B. Wellness
- C. Physical fitness

V. ASSIGNMENTS (may include but are not limited to)

- A. Anaerobic/Aerobic training program
- B. Muscular endurance and strength programs
- C. Flexibility program

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Assignments