Course Prefix and Number: HLPE 113
Credit hours: 1

Course Title: Fundamental Weight Training (Men)

Course Prerequisites: None

Textbook(s): None

Course Description: Fundamental weight training and strength development techniques.

Learning Outcomes:

At the end of the course, the student will:

A. demonstrate knowledge of weight training through written tests, special assignments and participation activities;
B. measure student fitness improvement through pre and post skill test scores;
C. demonstrate competencies while utilizing weight training equipment;
D. show proficiency working on exercise equipment.

To achieve the learning outcomes, the student will:

1. identify major muscles and the appropriate weight training techniques; (A)
2. demonstrate competencies while utilizing weight training equipment; (C)
3. demonstrate proficiency working on exercise equipment for particular muscle groups; (D)
4. apply the proper technique for increasing resistance; (B)
5. determine the principles of weight training and basic nutrition. (B)

Course Requirements: The following are intended to help the learner meet the stated learning outcomes of the course: students will attend class; students will be evaluated on results of semester exams; students will be required to participate in class discussions and activities.

In addition to requirements stated herein, each instructor will communicate additional requirements unique to his/her section via the instructor’s section syllabus.

Course Grading Scale:

A 90-100%
B 80-89%
C 70-79%
D 60-69%
F 59% or below

Course Fees: $20.00

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