Course Prefix and Number: HLPE 114

Credit hours: 1

Course Title: Fundamental Weight Training (Women)

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 fundamental weight training;
B. measure student fitness improvement through pre and post skill test scores;
C. explain the importance of particular types of exercises;
D. summarize the principles of developing a weight training program for specific needs.

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
**Attendance Policy:** The college attendance policy is available at [http://www.bpcc.edu/catalog/current/academicpolicies.html](http://www.bpcc.edu/catalog/current/academicpolicies.html)

**Course Fees:** $20.00

**Nondiscrimination Statement:** Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

Title VI, Section 504, and ADA Coordinator  
Sarah Culpepper, Coordinator  
Disability Services, D-108  
6220 East Texas Street  
Bossier City, LA 71111  
Phone: 318-678-6539  
Email: sculpepper@bpcc.edu  
Hours: 8:00 a.m.-4:30 p.m. Monday - Friday, excluding holidays and weekends.

Title IX and Equity/Compliance Coordinator  
Teri Bashara, Director of Human Resources  
Human Resources Office, A-105  
6220 East Texas Street  
Bossier City, LA 71111  
Phone: 318-678-6056  
Hours: 8:00 a.m.-4:30 p.m. Monday - Friday, excluding holidays and weekends.

*Revised June 2017*