Course Prefix and Number: HLPE 116
Credit hours: 1

Course Title: Intermediate Weight Training (Women)

Course Prerequisites: HLPE 114

Textbook(s): None

Course Description: Intermediate weight training and strength development techniques.

Learning Outcomes:

At the end of the course, the student will:

A. demonstrate knowledge of intermediate 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; (B)
4. apply the proper technique for increasing resistance. (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%
Attendance Policy: The college attendance policy is available at
http://www.bpcc.edu/catalog/current/academicpolicies.html

Course Fees: $20.00

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