



## PE 1085

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1085

**Title:** Weight Training

**Catalog Description:**

This course is a weight training program using free weights. This course is repeatable for credit.

**General Education Requirements:** N/A

**Semesters Offered:** Fall, Spring, Summer

**Credit/Time Requirement:** Credit: 1; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Prerequisites:** none

**Corequisites:** none

**Justification:**

This course transfers as a physical education elective credit at four year institutions. (PHED 112A at Weber State University)

**Student Learning Outcomes:**

This course is designed to improve range of motion, improve muscle tone and strength, increase knowledge of resistance training concepts and principles related to lifelong fitness goals.

**Content:**

This course teaches students:

- Structured weight lifting
- Individualized programing
- Utilization of free weights
- Utilization of lifting machines
- Safety
- Practice in lifting

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Strength training is one of the basic components of physical fitness. There is significant scientific data to indicate that strength training increases an individual's active lifestyle and years of independence to achieve lifelong fitness goals.

**Key Performance Indicators:**

Assessment is based on the following approximate values: Attendance is about 60%, Setting up personal program about 10%, Logs about 10%, Final about 20%.

**Representative Text and/or Supplies:**

Handout material

**Optimum Class Size:** 20

**Maximum Class Size:** 30

**Signatures:**

I hereby submit this course syllabus:

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Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)