



MASTER COURSE OUTLINE

A. PHED 1117 Weightlifting

B. COURSE DESCRIPTION:

This course teaches fundamental isotonic and isometric exercises along with specific exercises to meet the needs of the student. A program will be designed to develop and maintain the student's physique, efficiency and movement, and fitness for daily living.
(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Importance of strength training
- Fundamentals of weight training
- Components of fitness; cardiovascular endurance, muscular strength, muscular endurance, body composition, flexibility
- Building and individualized strength training program (strength, endurance, tone, and size)
- Plyometrics and circuit training

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	recognize and articulate the value assumptions which underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.	<ol style="list-style-type: none"> 1. understand the importance of training complementing muscles to obtain desired results (i.e. triceps/biceps, hamstrings/quadriceps). 2. demonstrate use of equipment and free weights appropriately for specific training purposes.
<u>CS</u>	use components of fitness to complement strength training.	<ol style="list-style-type: none"> 1. demonstrate benefits of and implement all components of fitness through stretching,

		heart rate evaluation, strength and endurance exercises. 2. perform a pre and post muscular endurance test to measure program gains or losses.
<u>CS</u>	devise a safe and effective personal weight training program.	1. complete and perform strength training program designed specifically for oneself to obtain desired results. 2. apply one repetition maximum to estimate resistance.
<u>CS</u>	experience supplemental strength training methods.	1. participate in plyometrics and circuit training and explain the benefits of each as applied to overall fitness.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 10/05/10; 03/19/18; 03/28/24

AASC Approval date: 04/17/18; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland