

# MESABI RANGE COMMUNITY & TECHNICAL COLLEGE

## Course Outline

**Course Title:** Advanced Weight Training  
**Semester Course Prefix and Number:** PHED 2451  
**Old Quarter Course Prefix and Number:**

**Submitted By:** Tom Stackpool  
**Approval Date:** March 2007  
**Revision Date:**

**Number of Credits:** 1      **Number of Lecture Credits:** 0  
**Semester(s) Offered:**      **Number of Lab Credits:**      **Number of Lab Hours:** 2  
**Class Size:** 25      **Number of Studio/Demonstration/Internship Credits:**  
**Negotiated by AASC on**  
**(Date)\_\_\_**

### Course Purpose Code:

- \_\_\_\_\_ 0 – Developmental Courses
- \_\_\_\_\_ 1 – Non-transferable, General Education
- \_\_\_\_\_ 2 – Technical course related to career programs
- \_\_\_\_\_ 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- X   4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- \_\_\_\_\_ 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- \_\_\_\_\_ 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

### Catalog Description:

Students are expected to be familiar with the fundamentals of weight training. Advanced Weight Training will provide a thorough education of the proper mechanics of weight lifting. The course will also demonstrate how to effectively plan training programs and assessments based on individual goals. The class will consist of 20% lectures and 80% weight training, where students will apply what they have learned. There will be skills tests, physical assessments, and goal setting papers. Students will be introduced to advanced forms of weight training, powerlifting, bodybuilding, and sport-specific training. Proper technique, exercise selection, programming, nutrition, and anatomy/physiology of weight training will be discussed.

### Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): PHED 1415 Weight Training or consent of instructor  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

### Career Programs and Transfer Majors Accessing this Course:

Exercise Science Physical Education

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0.   X   None
- 1. \_\_\_\_\_ Communications
- 2. \_\_\_\_\_ Critical Thinking
- 3. \_\_\_\_\_ Natural Sciences
- 4. \_\_\_\_\_ Mathematical/Logical Reasoning
- 5. \_\_\_\_\_ History and the Social and Behavioral Sciences
- 6. \_\_\_\_\_ The Humanities and Fine Arts
- 7. \_\_\_\_\_ Human Diversity
- 8. \_\_\_\_\_ Global Perspectives
- 9. \_\_\_\_\_ Ethical and Civic Responsibility
- 10. \_\_\_\_\_ People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

1. Students will demonstrate how to safely and effectively lift weights.
2. Students will identify the various major muscle groups and their location.
3. Students will demonstrate knowledge of psychology behind weight lifting.
4. Students will demonstrate the skills necessary for advance lifting techniques.
5. Students will demonstrate knowledge of the appropriate exercises for sport specific weight training.
6. Students will demonstrate knowledge of appropriate exercise selection and program development.
7. Students will identify proper nutrition principles for fitness.
8. Students will design a strength training program to specifically meet the student's individual needs.

**Student assessment methods:**

1. Proper completion of the skills
2. Written assignments
3. Participation

**Outline of the major course content:**

1. Basic anatomy, physiology and biomechanics as it relates to weight training
2. Powerlifting techniques
3. Nutrition
4. Sports specific training
5. Advanced weight training technique

**Additional special information** (special fees, directives on hazardous materials, etc.)

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

The class will transfer as an elective physical education course that is required by most colleges for graduation.

**Approvals:**

<b>Body</b>	<b>Representative Signatures</b>	<b>Date</b>
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office

Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist

Revised February 10, 2004