Course Title: Weight Training
PhE D 1415
Approval Date: Feb. 2002
Old Quarter Course Prefix and Number: PE 143
Revision Date: Feb. 2002

Number of Credits: 1
Number of Lecture Credits: 
Number of Lab Credits: 1
Number of Lab Hours: 
Number of Studio/Demonstration/Internship Credits: 

Course Purpose Code:

0 – Developmental Courses  
1 – Non-transferable, General Education  
2 – Technical course related to career programs  
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:
This course will present fundamental concepts and techniques of weight training. Safety, proper lifting techniques and overall fitness are specifically emphasized topics in this exercise activity.

Prerequisites and/or recommended entry skills/knowledge:
Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

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 6. The Humanities and Fine Arts
1. ___ Communications 7. ___ Human Diversity
2. ___ Critical Thinking 8. ___ Global Perspectives
3. ___ Natural Sciences 9. ___ Ethical and Civic Responsibility
4. ___ Mathematical/Logical Reasoning 10. ___ People and the Environment
5. ___ History and the Social and Behavioral Sciences
Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:
The student will develop an interest in physical fitness through weight training.

Student assessment methods:
Attendance and class work 100%

Use of instructional technology (includes software, interactive video and other instructional technologies):
Video instruction

Outline of the major course content:
Emphasis of basic movements of the exercise working a menu for various parts of the body.

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

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

Approvals:

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