



Course Number Course Name	PHED 1510, Training: Weight Training
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Skill training for developing strength and endurance with free weights and machines, emphasizing knowledge of equipment, lifting safety, and theories of training. (1, 0T+1S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will:</p> <ol style="list-style-type: none"> 1. Demonstrate correct form for safety. 2. Demonstrate a variety of resistance training techniques. 3. Define the various types of muscular fitness. 4. Identify the benefits of warm-up and cool-down. 5. Match various resistance training exercises with the major muscles involved. 6. Demonstrate an understanding of how to improve muscle strength and endurance. 7. Monitor progress of muscular strength and endurance.
College-Wide Student Learning Outcomes	<p>PHED 1510, Training: Weight Training learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> • <i>Students are required to work with distinct cultures and identities</i>