



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