

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

FITN 135 Introduction to Weight Training

I. Basic Course Information

A. Course Number and Title: FITN 135 Introduction to Weight Training

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2016

D. Effective Term: Fall 2017

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 2

G. Weekly Contact Hours: Lecture: 1
 Laboratory: 2
 Out of class student work per week: 2

H. Prerequisites/Co-requisites:

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair at time of approval: Beryl Stetson, Beryl.Stetson@rartianval.edu, 908 526-1200 x8208

II. Catalog Description

This course introduces the student to program design for resistance training programs. Students will be taught how to administer and interpret field tests for muscular strength, endurance and power, and use the information obtained in testing to develop an effective resistance training program to meet the goals for health benefits of the general population, competitive athletes, and special populations. A variety of training techniques will be introduced along with proper technique, benefits of various types of training systems, spotting techniques, and the science behind effective training.

III. Statement of Course Need

- A. This course is designed to introduce students to weight training principles and the development of effective programs for health and sports related benefits. Students will learn how to assess strength and endurance levels, design effective programs, instruct and demonstrate proper weight lifting form, and review of program effectiveness. Students will also learn safety and injury prevention in the weight room and proper progression for improvement
- B. This course develops skills that are used in several of the upper level courses in the curriculum including practical application needed for Cooperative Education.
- C. The lab experience in this course is needed to get the hands on practice with fitness testing, spotting, proper execution of lifts and overall safety in the weight room.
- D. This course generally transfers as an exercise science program requirement. This course generally transfers as a fitness and wellness program elective.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course meets a program requirement for the Associate of Science degree in Exercise Science, Associate of Science degree in Exercise Science-Option in Sports Management and the Fitness Specialist Certificate of Completion.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. The Origin of Strength
 - 1. Muscle Anatomy 101
 - 2. How Muscle Grows
 - 3. Types of Muscle Training
 - 4. Nutrition for Muscle Development
- B. Resistance Training Guidelines
 - 1. Strength Assessment
 - 2. Types of Strength and Power Exercises
 - 3. Workout Schedule and Rest
 - 4. Safety, Soreness, and Injury
- C. Exercise Technique
 - 1. Upper Body Exercises
 - 2. Lower Body Exercises
 - 3. Torso Exercises
 - 4. Explosive Movements
- D. Programs
 - 1. Beginner Programs

2. Intermediate Programs
3. Advanced Programs
4. Youth Programs
5. Senior Programs

VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. Design and present, either orally or in writing, an effective resistance program based on specific goals. (GE-NJ IL, NJ1)*
2. Identify and critically evaluate information. (GE-NJ IL) *
3. Produce accurate lab reports. (GE-NJ1)

*embedded critical thinking

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Define weight and resistance training and state the benefits.
2. Assess levels of muscular strength, endurance and power.
3. Effectively administer field tests for Muscular Strength, Endurance & Power.
4. Develop effective programs to enhance muscular strength, endurance and power for the general population, competitive athlete, youth, seniors, and a variety of special populations.
5. Demonstrate safe and effective weight exercises for the major muscles of the body using a variety of equipment including: free weights; machines; straps; bands; balls; and body weight.
6. Identify unsafe weight room practices and prescribe changes to decrease risk of injury.
7. Identify program errors and prescribe changes within accepted guidelines.
8. Demonstrate proper warm up and stretching for weight training activities.
9. Demonstrate and teach weight training movements in proper form.
10. Recognize form problems and make adjustments to prevent injury.
11. Discuss the benefits and limitations of different types of resistance equipment, including free weights, weight machines, straps, and body weight exercises.
12. Identify nutritional principles necessary for successful training outcomes.
13. Explain and evaluate the reliability of nutritional information found on the Internet to identify the safety and effectiveness of dietary supplements used to enhance training results.
14. Synthesize research findings and prepare and submit a paper on the effectiveness and side effects of a specific nutritional supplement.
15. Analyze and present case studies.

C. Assessment Instruments

- A. laboratory products
- B. research papers
- C. demonstrations
- D. essays
- E. exams
- F. case studies

VII. Grade Determinants

- A. essays/research papers
- B. demonstrations
- C. tests
- D. case studies

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. laboratory
- D. student oral presentations
- E. simulation/role playing
- F. student collaboration

VIII. Texts and Materials

- A. Fleck, Steven J., and Kraemer, William J., *Designing Resistance Training Programs*, 4th ed., Human Kinetics, 2014.

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Fitness Center
- B. Lab Equipment
- C. RVCC Library