

## **NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 111 – WEIGHT TRAINING I (1 CR.)**

### Course Description

Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight equipment and basic guidelines for resistance exercises. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

### General Course Purpose

This health-related physical activity course will give students a basic understanding of flexibility through the practice of yoga postures, breathing, and relaxation techniques.

### Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, jumping, and dancing. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

### Course Objectives

Upon completing the course, the student will be able to:

- a) Identify the major muscles in the musculoskeletal system.
- b) Describe how exercise influences the musculoskeletal system and body composition.
- c) Assess baseline muscle performance ability and conduct periodic update assessments.
- d) Design and participate in a personal weight training program based upon the principles of strength development: overload, progression, specificity
- e) Adhere to exercise safety guidelines by using proper warm-up, technique, cool-down
- f) Develop a specific training program to improve muscular endurance and strength

### Major Topics to be Included

- a) Musculoskeletal system and Body Types
- b) Proper conditioning factors (warm-up, training and cool-downs)
- c) Machines vs. Free weights
- d) Muscle function
- e) Types of muscular training programs
- f) Muscular strength-endurance continuum
- g) Methods of training (repetitions, sets, rest duration,)
- h) Negative lifting
- i) Nutrition
- j) Drugs and performance