

## **PHED-1510 RESISTANCE TRAINING: COMMON**

### **SYLLABUS**

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## **PHED 1510 – RESISTANCE TRAINING FOR WOMEN-- 1 CREDIT**

### **CATALOG DESCRIPTION**

This course is designed to develop basic resistance training fundamentals to achieve personalized fitness goals. Students will learn to design and implement a resistance training program tailored to individualized fitness goals and needs. This course focuses on resistance training as it pertains to the female anatomy and physiology.

Formerly PHED 124 Weight Training/Women

Prerequisites: None

Semester Offered: Fall, Spring

## **PHED 1510 – RESISTANCE TRAINING: RESISTANCE TRAINING -- 1 CREDIT**

### **CATALOG DESCRIPTION**

This course is designed to develop basic resistance training fundamentals to achieve personalized fitness goals. Students will learn to design and implement a resistance training program tailored to individualized fitness goals and needs.

Formerly PHED 137 Weight Training I

Prerequisites: None

Semester Offered: Fall, Spring

### ***COMMON STUDENT LEARNING OUTCOMES***

*Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...*

#### **BROAD AND SPECIALIZED LEARNING**

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

#### **CRITICAL THINKING**

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

#### **CULTURAL AND CIVIC ENGAGEMENT**

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

#### **EFFECTIVE COMMUNICATION**

Students will exchange ideas and information with clarity in multiple contexts.

## INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

## INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

## COURSE LEARNING OUTCOMES

*Upon successful completion of the course, the student will be able to...*

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.