

## **COURSE OUTLINE**

### **Muscle Pump I**

#### **Course Description**

PE 103. Muscle Pump I. 1 hour credit. This course will enable the student to participate in beginning weight training and conditioning designed to develop physical strength and endurance. The student will focus on fitness activities that can lead to a healthier lifestyle.

#### **Course Relevance**

The principles learned in this course will allow the student to apply the concepts of wellness and health to personal lifestyle through weight training and conditioning activities. This Muscle Pump course provides the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being. The principles are relevant as the student will take responsibility to assess levels of wellness and be willing to grow, change and improve personal health by incorporating a fitness lifestyle.

#### **Required Materials**

None.

#### **Learning Outcomes**

The intention is for the student to be able to:

1. Demonstrate proper techniques for weight training
2. Demonstrate improvement in physical strength and endurance
3. Incorporate strength training and conditioning exercise into a fitness lifestyle

#### **Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

##### **Personal Development Skills**

1. Personal management
  - Through the completion of a personal workout program, the student will demonstrate effective choices with regard to the implementation of a strength training and conditioning exercise routine that addresses self-concept, health, time, change and other self-management health issues

##### **Analytical Thinking Skills**

2. Problem solving
  - Through the completion of a personal workout program, the student will select and design a personal strength training and conditioning program based on wellness lifestyle goals

##### **Communication Skills**

3. Reception and interpretation of messages
  - Through an oral presentation, the student will accurately explain and demonstrate proper techniques for weight training exercises selected in a personal workout program

### **Major Summative Assessment Task(s)**

These learning outcomes and Learning PACT skills will be demonstrated by

1. Completing a workout program which demonstrates the student's selection and design of a personal strength training plan (A outcome) and its application to achieve a fitness lifestyle (P outcome)
2. Delivering an oral presentation of proper techniques for the weight training exercises selected within the designed personal workout program (C outcome)

### **Course Content**

- I. Themes – Key recurring concepts that run throughout the course:
  - A. Health benefits of fitness lifestyle involving weight training activities
  - B. Proper form and techniques for basic weight lifting
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Applying intrinsic motivation to maintain a lifestyle of physical activity
  - B. Making strength training a priority
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Identifying the physiological advantages to regular exercise
  - B. Explaining the basic principles of safety and spotting in weight lifting
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Explaining the basics of equipment selection and safety
  - B. Demonstrate proper lifting techniques

### **Learning Units**

- I. Beginning weight training
  - A. Pursuit of fitness
  - B. Positive influence of exercise
  - C. Analyzing personal physical fitness
  - D. Language of lifting
  - E. Creating a personal program
  - F. Motivation and discipline
- II. Principles
  - A. Warm-up stretches
  - B. Proper cool down
  - C. Flexibility fitness and range of motion
  - D. Safety and spotting
- III. Common regimens
  - A. Strength and power
  - B. Muscular endurance

- C. Free weights
- D. Machine stations
- E. Specific upper- and lower-body exercises
- F. Proper mechanics in lifting

#### IV. Injury prevention

##### **Learning Activities**

Learning activities will be assigned to assist the student achieve the intended course outcomes through lecture, instructor-led class discussion, audio-visual aids, drills/skill practice, weight training conditioning activities and other activities at the discretion of the instructor.

##### **Grade Determination**

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: activity participation, skill demonstration, examinations, written assignments, quizzes, workout journals, and other methods of evaluation employed at the discretion of the instructor.