

COURSE OUTLINE

Muscle Pump II

Course Description

PE 104. Muscle Pump II. 1 hour credit. Prerequisite: PE 103 with a C or better or instructor approval. This course will enable the student to participate in more advanced 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 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. Advanced weight training
 - A. Concepts and history
 - B. Myths and misconceptions
 - C. Guidelines for exercise prescriptions
- II. Principles
 - A. Overload and over-training
 - B. Adequate rest and recovery
 - C. Periodization
- III. More advanced regimens
 - A. Power lifting
 - B. Muscular endurance
 - C. Cardiorespiratory fitness
 - D. Proper mechanics in lifting
- IV. Exercise for special conditions

- A. Weight management
- B. Special health concerns
- C. Concerns for special populations

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.