Identification Information:
Course Title: PE 214A BEGINNING WEIGHT TRAINING
PE 214B INTERMEDIATE WEIGHT TRAINING
Prerequisite: NONE

Course Description:
This class will be instructed in proper fundamental weightlifting techniques to meet the physical needs of each individual. Students be instructed in weight room safety and etiquette as well as basic principals of weight training and proper technique with free weights and machines.

Course Objectives:
• Identify and analyze the importance of health concerns, safety and proper use of equipment while performing activity based movement.
• Analyze the basic components of weight training.
• Differentiate muscular endurance and maximal strength.
• Indicate students own personal workout/training goals.
• Construct an individual personalized weight training program (PE214B ONLY)

Course Content:
• The Weight Room is open on a drop-in basis during posted hours of operation.
  (SPRING HOURS: MTWR 8 AM - 3 PM & F 8-12PM)
• Only students, faculty and staff properly enrolled in PE 214A/214B will be allowed to use the room.
• All users must log-in to the kiosk at the front.

Dress
• Students must be dress properly (no jeans, cut-offs or, patch pocket pants).
• Shirts must be worn
• Towels must be brought to wipe down the machines and benches after use.

Lockers
• Women’s and Men’s locker rooms are located on the 2nd floor of the Health and Wellness Center and available for day use only. Please be advised that you need to provide you own lock.
• Please don’t change in or outside the weight room area. Please use locker rooms and/or adjacent bathrooms.

Rules
• All backpacks must be stored in either a locker or wooden cubicle.
• 20 minute limit on all cardio machines
• Visitors are not allowed in the weight room at ANYTIME.
• Return all weights to the rack when not in use. Do not leave weights on the floor.
• Don’t leave any weights on the benches, please put them on the floor during rest period.
• Instructors may ask you to leave if you fail to abide by any rules.

Evaluation:
1. Performance and In-Class Participation (90%)
   a. Students must work out a minimum of 30 hours to receive a maximum grade of an A,
      29-25 hours = B, 24-20 hours = C, 16-15 hours = D, 14 or less = F.
   b. Students will demonstrate proper weight training technique(s) and associated modifications affecting specific muscles with respect to weight training.
   c. Student demonstration of individual progress.
   d. Students will indicate knowledge of safety and basic weight training definitions.
2. Written Assignment (10%)
   a. “My Goals”, student’s personal weight training goals for the weight training class. (PE214A & B)
   b. “Weekly Workout Plan”, track and record weekly workout and state goal for following week (PE 214 A&B)
   c. Complete Exit Survey (PE 214 A&B)
   d. “Workout Plan”, student will develop personal workout plan. (PE214B ONLY)

ALL ASSIGNMENTS ARE ON THE BACK AND CAN BE ELECTRONICALLY SUBMITTED AT www.ccsfweightroom.com