Identification Information:
Course Title: **PE 215A BEGINNING STRENGTH AND INTERVAL TRAINING**  
**PE 215B INTERMEDIATE STRENGTH AND INTERVAL TRAINING**

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

Course Objectives:
- Identify and analyze the importance of health concerns, safety and proper use of equipment while performing activity based movement.
- Identify and demonstrate the appropriate sequence of physical movement to successfully perform an activity.
- Define and apply intermediate principles of strength and endurance training utilizing a ten station timed circuit.
- Indicate students own personal interval training program.
- Internet/Youtube search of professional interval training program and critique.
- Track and record weekly workout
- Review one online article provided by the CCSF Weight Room

Course Content:
- The Weight Room is open on a drop-in basis during posted hours of operation.  
  **(SPRING HOURS: MTWR 8 AM-3 PM & FRI 8-12 PM)**
- Only students, faculty and staff properly enrolled in PE 215A/215B 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

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 your 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, 19-15 hours = D, 14 hours 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 Training Program”, student’s personal interval training program. (PE215 A & B)
   b. “Weekly Workout Log”, track and record weekly work and state goals for following week (PE 215 A & B)
   c. “Internet Search”, student will search Internet and/or Youtube and critique. (PE215 A & B)
   d. Complete Exit Survey (PE 215 A & B)
   e. “Article Review”, review online article provided by CCSF Weight Room (PE 215B ONLY)

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