

**Fond du Lac Tribal and Community College
COURSE OUTLINE FORM**

01/22/19

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. Prepared by: _____

2. Date submitted: _____

3. Date approved: _____ Date revised 03/05/19

4. Department/discipline: Physical Education

5. Department(s) endorsement(s): _____

(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Weight Training

Abbreviated course title (25 characters or less): _____

7. Course Designator: PE 8. Course Level: 1043

9. Number of Credits: Lecture _____ Lab 1

10. Control Number (on site) 24 Control Number (online) 24

11. Catalog/Course description:

An overview of the fundamental concepts and techniques of weight training, focusing on safety, proper lifting techniques, and overall fitness.

12. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s):

Co-requisite:

13. **Course Materials** (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

Textbook: *Steps to Success – Weight Training*, Human Kinetics. Pub., 2004

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Steps to Success-Weight Training Video

Polar Heart Rate Monitor Usage Video

Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor. Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury. This course is held off campus.

14. Course Content (Provide an outline of major topics covered in course)

- General Fitness Components
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Agility
 - Cardiovascular endurance
- Weight Training Components
 - Warm-up
 - Stretching
 - Frequency
 - Duration
 - Intensity
 - Progression
 - Cool-down
 - Sets/Reps
 - Resistance machines
 - Free weights
- Safety Procedures
- Training Programs
 - Circuits
 - Opposition days
- Identifying the Heart Rate
 - Resting heart rate
 - Target heart rate
 - Recovery Heart Rate
- Nutrition and Stress Reduction
- Self Testing Activities
- Lecture/Practice in class of above skills

15. Learning Goals, Outcomes, and Assessment

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)
- D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one's own traditions and culture, knowledge of others' traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Course learning outcomes will fulfill the identified competencies.

Course Learning Outcomes:

Upon completion of this course, students will be able to:

Learning Outcomes	Competencies (CAC)	Cultural Standards
Accurately define weightlifting terminology related to strength and fitness.	(A, B)	
Document personal actions effectively.	(A, B, C)	
Demonstrate the proper technique involved in weightlifting.	(A, B, C, D)	
Design and interpret sound principles in preparing a weight training program.	(A, B, C, D)	

The following is a list of the Cultural Standards (if applicable):

- E. **GIKENDAASOWIN – *Knowing knowledge***: To develop human beings who value knowledge, learning, and critical thinking and are able to effectively use the language, knowledge, and skills central to an Ojibwe-Anishinaabe way of knowing.
- F. **GWAYAKWAADIZIWIN – *Living a balanced way***: To develop balanced human beings who are reflective, informed learners who understand the interrelatedness of human society and the natural environment, recognize the importance of living in harmony with creation, and are able to apply a systems approach to understanding and deciding on a course of action.
- G. **ZOONGIDE'EWIN – *Strong hearted***: To increase the students' capacity to live and walk with a strong heart, humble and open to new ideas and courageous enough to confront the accepted truths of history and society.
- H. **AANGWAAMIZIWIN – *Diligence and caution***: To develop students' capacity to proceed carefully, after identifying, discussing, and reflecting on the logical and ethical dimensions of political, social, and personal life.
- I. **DEBWEWIN – *Honesty and integrity***: To increase students' capacity to think and act with honesty and integrity as they understand and face the realities of increasingly interdependent nations and people
- J. **ZAAGI' IDIWIN – *Loving and Caring***: To encourage students' acceptance of the diversity within their school, community, and environment by developing healthy, caring relationships built on respect for all.
- K. **ZHAWENINDIWIN – *Compassion***: To expand students' knowledge of the human condition and human cultures and the importance of compassion especially in relation to behavior, ideas, and values expressed in the works of human imagination and thought.

16. **Minnesota Transfer Curriculum (MnTC)**: If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): _____

Does this course require additional material for specific program requirements?

If yes, please provide.

01/22/19