

# Virginia Western Community College

## PED 111

### Weight Training I

#### **Prerequisites**

None

#### **Course Description**

Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. Part I of II. (VCCS MCR Description)

This weight training class is designed to help participants gain muscular strength and endurance. A bar and weighted plates will be used to perform movements of high repetition with low weights. (Additional Description added by the faculty)

**Semester Credits: 1**

**Lecture Hours: 0**

**Lab/Clinical/Internship Hours: 2**

#### **Required Materials**

##### **Textbook:**

None

##### **Other Required Materials:**

All equipment is provided

#### **Course Outcomes**

**At the completion of this course, the student should be able to:**

- Develop or improve individual muscle strength and endurance
- Understand and or explain the benefits of weight training and general health
- Perform an individual workout for themselves

**Topical Description**

1	Discussion Building Strength and Toning the Body
2	Developing and Sculpting the Body
3	Proper Form when Training
4	Injury Prevention
5	Repetition Instruction and Benefits
6	Health Benefits of Weight Training

**Note to Instructors**