

# Virginia Western Community College

## PED 112

### Weight Training II

#### **Prerequisites**

None

#### **Course Description**

Focuses on muscular strength and endurance training through individualized workout programs. Teaches appropriate use of weight training equipment. (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:**

#### **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 on 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**