

6/13/2023 DATE

☐  
☒REQUIRED COURSE  
ELECTIVE COURSESSE DIVISION  
☐ NEW COURSE  
☒ REVISION

## Lake Land College

## Course Information Form

COURSE NUMBER:	PED-141		TITLE: (30 Characters Max)		Weight Training					
SEM CR HRS:	2	Lecture:	2		Lab:	0		ECH:	2	
Course Level:	<input type="checkbox"/> Gen Ed / IAI <input checked="" type="checkbox"/> Baccalaureate /Non-IAI		<input type="checkbox"/> Career/Technical <input type="checkbox"/> Dev Ed/ Not in Degree Audit		Clinical Practicum:	0	SOE/ Internship:	0	SOE ECH:	0
COURSE PCS #	11 31.0501		IAI Code				Contact Hours (Minutes Per Week)			
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	Min:	Max:	16 Wks	100	8 wks	200
Prerequisites:										
Catalog Description: (40 Word Limit)	To introduce to the student the basic principles of weight training, to demonstrate and participate in various programs, and increase strength.									

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Introduction	1			
Demonstration and Use of Equipment	1			
Demonstration of Workout Programs	2			
Establishing Workout and Test Standards	2			
Workout Participation	18			
Competition and/or Testing	6			
TOTAL	30	0	0	0

EVALUATION			
QUIZZES <input type="checkbox"/>	EXAMS <input checked="" type="checkbox"/>	ORAL PRES <input checked="" type="checkbox"/>	PAPERS <input type="checkbox"/>
LAB WORK <input checked="" type="checkbox"/>	PROJECTS <input type="checkbox"/>	COMP FINAL <input type="checkbox"/>	OTHER <input type="checkbox"/>

COURSE MATERIALS	
TITLE:	
AUTHOR:	
PUBLISHER:	
VOLUME/EDITION/URL:	
COPYRIGHT DATE:	

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Introduction	1	The student should understand the objectives and requirements of the course.
Demonstration and Use of Equipment	1	The student will learn how to use the equipment safely.
Demonstration of Workout Programs	2	The student should understand the different workout programs.
Establish Workout and Test Standards	2	The student will establish weights to be used during workout participation and to establish testing standards.
Workout Participation	18	The student will participate to improve maximum lift.
Competition and/or Testing	6	The student will notice his/her progress through competition and/or testing.
	30	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	<ul style="list-style-type: none"> <li>Each student-athlete will gain a better understand and knowledge of strength and conditioning training.</li> <li>Every student-athlete will acquire a greater knowledge of nutritional value and its effects on strength and conditioning.</li> </ul>


*\* Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.*