

## LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

### **SPECIAL NOTE:**

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

### **TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):**

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

**COURSE NUMBER:** PED 195

**COURSE TITLE:** Weightlifting

**SEMESTER CREDIT HOURS:** 1

**DEPARTMENT:** Physical Education

**DIVISION:** Continuing Education/Workforce

**PREREQUISITES:** None

**REVISION DATE:** September 2017

### **COURSE DESCRIPTION:**

Weightlifting is designed to allow the student to learn to strength train using proper form.

### **COURSE OUTCOMES AND COMPETENCIES:**

**Students who successfully complete this course will be able to:**

1. Demonstrate correct lower body weight lifting techniques

- Demonstrate proper squat technique
- Demonstrate proper dead lift technique
- Demonstrate and utilize other lower body techniques including Lunges, KB swings, Hip Sled, and landmines.

2. Demonstrate correct upper body weight lifting techniques

- Demonstrate proper bench press technique
- Demonstrate proper military press technique
- Demonstrate and utilize other upper body techniques including dumbbell presses, push ups, arm curls, arm extensions, forward and lateral raises.

3. Demonstrate correct sequencing in workout routines

- Demonstrate push/pull programming
- Demonstrate upper body/lower body programming
- Demonstrate knowledge of workout intensity through various workouts.
- Demonstrate and utilize other exercise techniques for cardio and general fitness techniques.