Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 32-36; Outside-of-Class Hours: 0;
Total Student Learning Hours: 80-90

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 014A – Beginning Weight Training

1 hour lecture, 1 unit
2 hours laboratory, 0.5 units
Total units: 1.5 units

Catalog Description
Instruction and practice in weight training and conditioning techniques to support muscle strength, endurance, and overall fitness. Emphasis is placed on evidence-based principles of resistance exercise, safe lifting techniques, and adaptable training methods. Students will create and modify a personalized program based on their goals, including, but not limited to: muscle strength, hypertrophy, and endurance. This course encourages an inclusive, supportive environment that recognizes diverse bodies, abilities, and experiences in health and fitness.

Prerequisite
None

Course Content
1) Introduction to Resistance Training and Safety
   a. Overview of muscular strength and endurance
   b. Proper use of barbells, dumbbells, machines and alternative tools
   c. Foundational safety techniques and injury prevention
2) Personal Fitness Assessment and Goal Setting
   a. Individual fitness levels and physical capabilities
   b. Creating personalized goals
   c. Self-awareness, body diversity, and accessible goal-setting strategies
3) Exercise Techniques and Adaptation
   a. Foundational resistance exercises for major muscle groups
   b. Modifying movements to match individual needs and abilities
   c. Correct form and techniques to promote functional movement and confidence
4) Program Design and Progress Monitoring
   a. Training plans using inclusive principles
   b. Load, reps, and intensity over time
   c. Tracking progress through reflective and flexible methods

Course Objectives
Students will be able to:
1) Describe how principles of strength and endurance training learned in class may be applied in inclusive and adaptable ways to support individual health, wellness, and functional movement.
2) Develop personalized weight training goals that align with individual needs, preferences, abilities, and apply training principles presented in class.
3) Demonstrate accessible resistance exercises that target diverse muscle groups, using modifications when needed to support varying levels of mobility and experience.
4) Design and apply an individualized training that promotes muscular strength and endurance
5) Track and reflect on personal progress through a resistance training program using tools and strategies that accommodate diverse learning styles and access needs.

Method of Evaluation
A consistent and inclusive grading system will be implemented by the instructor applied equitably across all students. Assessments will be based on multiple forms of evaluation that align with course outcomes and allow for varied means of demonstrating understanding and progress.
1) Quizzes and Knowledge Checks
    a. Short quizzes and open-format assessments to evaluate students' understanding of key concepts, including terminology, safety practices, muscle identification, and principles of strength and endurance training. Multiple formats may be used to support diverse learning styles (e.g., multiple choice, visuals, short answer, open book, etc.)
2) Skills Demonstration and Participation
    a. Evaluation of students' ability to safely and effectively perform foundational resistance exercises, with opportunities for modification and adaptation. Emphasis is placed on effort, proper form, willingness to apply feedback, and inclusive participation, rather than performance benchmarks.
3) Personalized Training Program and Progress Reflection
    a. Students will design and implement an individualized training plan based on personal fitness goals. Progress will be tracked using accessible tools (e.g., training logs, videos, written or verbal reflection). Students will reflect on their experiences, challenges, and adaptations over time.
4) Final Project or Reflective Assessment
    a. A culminating assignment (written, visual, or multimedia) in which students demonstrate their understanding of course content, reflect on their growth, and explain how principles of resistance training can be applied to their own lives in inclusive and sustainable ways.

Special Materials Required of Student
Appropriate attire

Minimum Instructional Facilities
Appropriate gymnasium facility outfitted with barbells, dumbbells, free weights, platforms, machines and adequate space for weight lifting

Method of Instruction
Lecture and demonstration
Peer group activities

Out-of-Class Assignments
1) **Reading**: review course materials, digital references, and other multimedia.
2) **Writing**: maintaining a fitness log, and more.
3) **Other**: N/A.

Texts and References
1) Required (representative example):
    a. Delavier, Frederic. *Strength Training Anatomy*, 4th Ed. Human Kinetics, 2022.
2) Supplemental: None

Exit Skills
Students having successfully completed this course exit with the following skills, competencies and/or knowledge:
1) Maintain a written record charting exercises, sets, repetitions and resistance improvements.
2) Correctly perform a minimum of one exercise for each major muscle group during each class.
3) Improve strength in major muscle groups (shoulder, back, chest, abdomen, arms and legs)
4) Identify safety procedures, weight room rules and etiquette.
5) Name all of the major muscle groups of the body that are being exercised.

Student Learning Outcomes

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

1) Design a personalized weight training program that aligns with individual fitness goals, physical needs, and training principles
2) Apply appropriate exercise science terminology to explain key components of a weight training plan, including exercise selection, intensity, volume, and progression.
3) Monitor and evaluate personal progress through regular tracking methods, making informed adjustments to improve performance and outcomes over time.