

SYLLABUS
PART I
EDISON COMMUNITY COLLEGE
PED 164S WEIGHT TRAINING I
1 CREDIT HOUR

COURSE DESCRIPTION

Beginning level weight training analysis and skills. Lab fee.

COURSE GOALS

The student will:

1. A respect for the weight room in terms of safety.
2. A knowledge of different lifts for the upper and lower body.
3. A satisfactory of execution of different lifts for the upper and lower body.
4. An appreciation for what weight lifting can do for each individual

CORE VALUES

The Core Values are a set of principles which guide in creating educational programs and environments at Edison. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goals, objectives, and activities in this course will introduce/reinforce those Core Values whenever appropriate.

TOPIC OUTLINE

Presentation on a specific lift. Choose a topic on your own.
Make a weight program specific to your needs