Montgomery County Community College
ESW 146
Conditioning, Weight Training, and Weight Control
2-1-2

COURSE DESCRIPTION:
This course is designed to introduce the student to all areas of fitness training including progressive resistance (weight training), cardiovascular training, flexibility, and weight management. The student develops skills in planning and implementing personal fitness programs designed to meet student-own personal needs. Basic understanding of the physiological and psychological principles of human fitness is emphasized. Course designed for both women and men. Separate sections may be offered. This course is subject to a course fee. Refer to http://mc3.edu/adm-fin-aid/paying/tuition/course-fees for current rates.

REQUISITES:
*Previous Course Requirement*
None

*Concurrent Course Requirement*
None

| LEARNING OUTCOMES Upon successful completion of this course, the student will be able to: | LEARNING ACTIVITIES | EVALUATION METHODS |
|---|---|---|
| 1. Correlate the physiological and anatomical issues involved in human fitness, with a fundamental knowledge of the muscular system, the cardiovascular system, and the respiratory system. | Participate in Various Muscular and Cardiovascular Exercises<br>Fitness Assessments<br>Lecture<br>Written Assignments<br>Written Exams<br>Individualized Exercise Plan<br>Class Discussions<br>Case Studies | Exams<br>Individualized Exercise Plan |
| 2. Employ safety factors and proper use of equipment involved in muscular and cardiovascular training. | Participate in Various Muscular and Cardiovascular Exercises<br>Fitness Assessments<br>Demonstration<br>Presentations<br>Research Project<br>Lecture<br>Written Assignments<br>Written Exams<br>Individualized Exercise Plan<br>Class Discussions | Exam<br>Presentations |

| LEARNING OUTCOMES | LEARNING ACTIVITIES | EVALUATION METHODS |
|---|---|---|
| 3. Explain the principles of progressive resistance and overload. | Participate in Various Muscular and Cardiovascular Exercises<br>Fitness Assessments<br>Demonstration<br>Presentations<br>Research Project<br>Lecture<br>Written Assignments<br>Written Exams<br>Individualized Exercise Plan<br>Class Discussions<br>Exercise Workout Log<br>Case Studies | Exam |
| 4. Demonstrate muscular strength and endurance exercises using free weights and machines. | Participate in Various Muscular and Cardiovascular Exercises<br>Fitness Assessments<br>Demonstration<br>Presentations<br>Research Project<br>Lecture<br>Individualized Exercise Plan<br>Class Discussions<br>Exercise Workout Log | Demonstrations<br>Presentations<br>Fitness Assessments |
| 5. Demonstrate cardiovascular exercises such as cycling, jogging, aerobics, and circuit training. | Participate in Various Muscular and Cardiovascular Exercises<br>Fitness Assessments<br>Demonstration<br>Presentations<br>Research Project<br>Lecture<br>Individualized Exercise Plan<br>Class Discussions<br>Exercise Workout Log | Demonstrations<br>Presentations<br>Fitness Assessments |

| LEARNING OUTCOMES | LEARNING ACTIVITIES | EVALUATION METHODS |
|---|---|---|
| 6. Describe nutritional needs associated with muscular and cardiovascular training as well as weight management. | Fitness Assessments<br>Lecture<br>Written Assignments<br>Written Exams<br>Class Discussions<br>Case Studies | Exam<br>Written Assignments<br>Case Studies |
| 7. Identify various aids which may influence muscular and cardiovascular training. | Lecture<br>Written Assignments<br>Written Exams<br>Class Discussions<br>Case Studies | Exam<br>Written Assignments<br>Case Studies |
| 8. Create an exercise program based on own goals and fitness level. | Participate in Various Muscular and Cardiovascular Exercises<br>Fitness Assessments<br>Demonstration<br>Presentations<br>Research Project<br>Lecture<br>Written Assignments<br>Individualized Exercise Plan<br>Class Discussions<br>Exercise Workout Log | Individualized Exercise Plan |

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

A. Introduction
    1. Define “Positive Health Life Style”
    2. Define Physical Fitness
    3. Components of Wellness
    4. Cardiac risk factors
B. Components of Fitness
    1. Muscular strength
    2. Muscular endurance
    3. Cardiovascular endurance test
    4. Flexibility
    5. Body Composition

C. Evaluating Personal Fitness
   1. Cardiovascular test – VO2max
   2. Muscular strength and endurance test
   3. Flexibility test
   4. Skinfold test
   5. Heart rate and blood pressure
D. Physical Conditioning Principles
   1. Use/disuse
   2. Overload
   3. Training specificity
   4. Progression
   5. Reversibility
   6. Establishing goals
   7. Warm-up and warm-down
   8. Proper dress and equipment
   9. FITT guidelines
E. Cardiovascular Exercises
   1. Training programs
   2. Maintenance programs
   3. Desirable levels
   4. Incorporating physical conditioning principles
F. Muscular Strength and Endurance
   1. Training programs
   2. Maintenance programs
   3. Progressive resistance exercises
   4. Proper use of equipment
   5. Proper body mechanics
   6. Incorporating physical conditioning principles
G. Flexibility
   1. Training programs
   2. Maintenance programs
   3. Effects of injury
   4. Sex differences
H. Nutrition
   1. Functions of food
   2. Major nutrients
   3. Principles of proper nutrition
I. Weight Control
   1. Health risks
   2. Metabolic rate and other factors effecting weight control
   3. Caloric intake and expenditure
   4. Diets, dieting and behavior modification
   5. Role of diet and exercise in weight control
J. Stress Management
   1. Stress and the human body
   2. Stress reduction

LEARNING MATERIALS:

Hesson, James L. (2012). *Weight Training for Life* (10th ed.). Belmont, CA: Wadsworth, Cengage Learning.

Reference:

Baechle, T.R. and Earle, R.W. (2015). *Essentials of strength training and conditioning* (4th ed.). Champaign, IL: Human Kinetics.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

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|---|---|---|---|
| Prepared by: | | | Date: |
| Revised by: | Dr. Anne Livezey | | Date: 2/2009 |
| VPAA/Provost Compliance Verification: | | Dr. John C. Flynn, Jr. | Date: 9/11/2009 |
| Revised by: | Dr. Anne Livezey | | Date: 6/2012 |
| VPAA/Provost or designee Compliance Verification: | Victoria L. Bastecki-Perez, Ed.D. | | Date: 6/18/2012 |
| Revised by: | Dr. Anne Livezey | | Date: 1/6/2018 |
| VPAA/Provost or designee Compliance Verification: | | | Date: 1/10/2018 |

*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*