PEM 1130

BASIC CONDITIONING AND WEIGHT TRAINING

CATALOG DESCRIPTION

PEM 1130 Basic Conditioning and Weight Training (2) (A.A.) Basic knowledge, skills and values of basic conditioning, personal fitness and weight training will be presented.

PERFORMANCE STANDARDS

The student, at successful completion of this course, should be able to:

1. Discuss the role of exercise in an individual’s fitness.
2. Explain the components of fitness.
3. Measure the components of fitness.
4. Analyze the components of a healthy diet.
5. Identify the components of weight training.
6. Demonstrate proper techniques of weight training.
7. Develop an appropriate aerobic workout for a beginning-intermediate & advanced participant.
8. Recognize the value of fitness as lifetime activity and how it evolves in the aging process.

Date of Last Review: 07/24/03