

Course Outline for: EXSC 1200 Beginning Weight Training**A. Course Description:**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Weight training is foundational for lifelong wellness. Through the use of machines, free weights, and body weight exercises, students learn to create a safe and effective workout program. Students design and participate in a personalized strength training plan.

B. Date last reviewed/updated: May 2025**C. Outline of Major Content Areas:**

1. Components of fitness, importance of personal fitness, and principles of fitness programs
2. Muscular strength, endurance, and power
3. Flexibility and stretching techniques
4. Guidelines for exercise frequency and intensity
5. Instruction in the use of equipment

D. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Demonstrate safety standards.
2. Apply fundamental knowledge of the benefits of resistance training.
3. Demonstrate an understanding of the basic adaptations and principles of resistance training.
4. Identify appropriate muscles, movements, and joint actions executed through various exercises.
5. Develop an individualized exercise program to improve muscular strength and/or endurance, as well as flexibility.
6. Demonstrate a basic understanding of exercise physiology and anatomy associated with muscle strength, endurance, and flexibility.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Attendance and class participation
2. Subjective assessment of effort and skill
3. Written objective testing

F. Special Information:

None