

# HPER 154 : Intermediate Weight Training

**Credits:** 2

**Class Hours:** 4 lecture/lab

**Prerequisites:** "C" or higher in HPER 152.

**Description:** This course is designed to help students identify and understand the benefits of weight training, how weight training affects the body, and learn intermediate level training routines for complete muscular development. Students will also learn how to design and develop a balanced weight training program to meet their needs and expands on skills learned in HPER 152: Weight Training.

**Semester Offered:** Spring

**Course Student Learning Outcomes (CSLOs):**

1. Demonstrate proper form and spotting techniques for all lifts to ensure personal and group safety.
2. Analyze the importance of a healthy diet in achieving wellness goals.
3. Create a strength and conditioning program utilizing principles of intermediate weight training.
4. Identify principles of lifting weights and muscles used in weight training exercises.
5. Demonstrate improvement in muscular strength and endurance through participation in weight training.