

## Course Syllabus

<b>1. Program of Study</b>	Bachelor of Science Program Bachelor of Arts Program Bachelor of Business Administration Program Bachelor of Nursing Science Program
<b>Faculty/Institute/College</b>	Mahidol University International College
<b>2. Course Code</b>	ICPE119
<b>Course Title</b>	Physical Education: Weight Training
<b>3. Number of Credits</b>	1 (0-3-1) (Lecture/Lab/Self-Study)
<b>4. Prerequisite (s)</b>	None
<b>5. Type of Course</b>	General Education
<b>6. Session</b>	Trimester 1, 2 and 3/ every academic year
<b>7. Conditions</b>	-
<b>8. Course Description</b>	Muscular strength, muscular endurance and body composition in weight training; improving posture; increasing energy and stamina; enhancing agility and coordination; improving digestion; elimination and blood circulation; augmenting bone density; decreasing the risk of broken bones; helping to prevent osteoporosis.

### 9. Course Objective (s)

After successful completion of this course, students should be able to

1. exercise various body parts through the use of weight and resistance training.
2. build the strength and stamina to support other type of sports.
3. have a basic knowledge of muscle parts.

### 10. Course Outline

Week	Topic	Hour			Instructor
		Lecture	Lab	Self-Study	
1	Introduction course and requirements Basic Safety Rules	0	3	1	Doughlas Rhein
2	Introducing various approaches to fitness; Components of fitness and program selection	0	3	1	
3	Advantages of fitness of Weight Training; elements of a fitness program	0	3	1	
4	Muscle identification and common usage; Injury prevention and over training	0	3	1	
5	Recognizing and managing injury; Visiting professional body builder	0	3	1	
6	<i>Midterm Examination</i>	0	3	1	
7	Factors of muscle development; Joint conditioning	0	3	1	
8	Diet and nutrition	0	3	1	
9	Visualizatoin techniques; Power lifting techniques	0	3	1	
10-11	Olympic weight training; Professional body building	0	6	2	
12	<i>Final examination</i>	0	3	1	
	<i>Total</i>	0	36	12	

### 11. Teaching Method (s)

11.1 Instructions, demonstrations and lead-up activities.

**12. Teaching Media**

Demonstrations

**13. Measurement and evaluation of student achievement**

Student achievement is measured and evaluated by

13.1 the ability to exercise various body parts through the use of weight and resistance training.

13.2 the ability to build the strength and stamina to support other type of sports.

13.3 the ability to have a basic knowledge of muscle parts.

Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+,C,D+, D, and F.

Students must have attended at least 80% of the total class hours of this course.

Ratio of mark	
Final Examination (Basic skills)	25%
Attendance and participation	40%
Written Examination	35%
Total	100%

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

**14. Course evaluation**

14.1 Students' achievement as indicated in number 13 above.

14.2 Students' satisfaction toward teaching and learning of the course using questionnaires.

**15. Reference (s)**

Note provided by the instructor

**16. Instructor (s)**

Douglas Rhein

**17. Course Coordinator**

Michael Naglis