SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Weight Training - Physical Conditioning
COURSE NUMBER: EXSC0143
CREDIT HOURS: 1
INSTRUCTOR: Departmental Syllabus
OFFICE: Departmental Syllabus
OFFICE HRS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC-issued email accounts are the official means for electronically communicating with students.

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.com/ for the required texts for your particular course.

COURSE DESCRIPTION:
This is a multi-level course designed to improve the participant’s muscular strength and/or endurance and to provide instruction on how to safely perform numerous resistance training exercises and how to design your own resistance training plan.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:
A combination of the National Academy of Sports Medicine’s (NASM) Optimum Performance Training system and the National Strength and Conditioning Association’s (NSCA) Periodization Program are used as the basis for this course. The first and last weeks are for fitness testing, assessment, exercise evaluation, and practice program development.

I. Integrated Stabilization and Hypertrophy
II. Strength.
III. Advanced Strength & Power

EXPECTED LEARNER OUTCOMES:

A. The student will be able to understand the concepts of warm-up and cool-down
B. The student will be able to improve muscular strength and endurance.
C. The student will be able to recognize the benefits and improvements due to weight training.
D. The student will be able to practice safety and demonstrate proper strength training techniques.

COURSE COMPETENCIES:

The student will be able to understand the concepts of warm-up and cool-down
1. The student will be able to apply the concepts of warm-up, workout and cool-down to a strength training program.

The student will be able to improve muscular strength and endurance.
2. The student will be able to enhance general body conditioning.
3. The student will be able to improve or maintain muscle mass.
4. The student will be able to participate in muscular strength and endurance assessment, pre- and post.

The student will be able to recognize the benefits and improvements due to weight training.
5. The student will be able to improve their 1-RM bench press by 5-10%.
6. The student will be able to improve muscular endurance (push-ups and sit-ups) by 5-10% in one minute.
7. The student will be able to maintain or increase flexibility on the sit and reach test for hamstring and low-back flexibility.

The student will be able to practice safety and demonstrate proper strength training techniques.
8. The student will be able to demonstrate proper strength training techniques.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.
NOTE:
This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact Director of Academic Resource Center, in Rm. 3354 or call at: 288-7670 V/TDD.