SYLLABUS

DATE OF LAST REVIEW: 2008

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Techniques of Strength Training

COURSE NUMBER: EXSC0186-10 (E.S. Majors)

CREDIT HOURS: 2

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS:

COURSE DESCRIPTION:
Techniques of strength training is designed for the exercise science major who desires to learn how to teach strength training. Emphasis is not on working out, but on the academics of strength and conditioning.

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.

Online Sections: Online courses rely on the use of the Internet and a course management system for content delivery. Courses are accessible both on campus and from most remote sites. Specific information regarding computer skills and system requirements can be found at http://helpdesk.kckcc.edu/helpdesk/

COURSE OUTLINE:

I. Introduction
II. Elements of Fitness
III. Strength Training Fundamentals
IV. Strength Training Programs
V. Motivation
EXPECTED LEARNER OUTCOMES:
1. The student will be able to demonstrate the knowledge of the benefits of strength training.
2. The student will be able to demonstrate the knowledge of proper lifting techniques.
3. The student will be able to describe the body’s adaptation to strength training.
4. The student will be able to describe terms: strength training, body building, weight training, power.
5. The student will be able to describe the five components of fitness.
6. The student will be able to describe the testing procedures for strength.
7. The student will be able to describe the testing procedures for power.
8. The student will be able to describe the testing procedures for muscle endurance.
9. The student will be able to describe the testing procedures for cardiorespiratory endurance.
10. The student will be able to describe safety procedures.
11. The student will be able to describe a program to develop muscle endurance.
12. The student will be able to describe a program to develop strength.
13. The student will be able to describe a program for bodybuilding.
14. The student will be able to describe a program to develop aerobic capacity.
15. The student will be able to describe advanced training workouts: pyramid system, super setting, compound setting, burnouts, circuit training, negatives, split routine, total body routine, plyometrics.
16. The student will be able to describe the concepts of periodization.
17. The student will be able to demonstrate the muscles involved with strength training lifts.
18. The student will be able to describe Olympic lifts.
19. The student will be able to describe the effect of strength training on women.
20. The student will be able to describe the importance of flexibility and demonstrate basic stretching exercises.
21. The student will be able to describe common injuries, prevention, and treatment.
22. The student will be able to describe nutritional requirements for strength training.
23. The student will be able to describe the present state of drug use in strength training programs.
24. The student will be able to describe the use of free weights and stack weights in strength training programs.
25. The student will be able to demonstrate teaching procedures for certain lifts.
26. The student will be able to utilize internet and demonstrate computer skills.
COURSE COMPETENCIES:
1. The student will be able to explain the benefits of strength training.
2. The student will be able to demonstrate proper lifting techniques.
3. The student will be able to discuss the body’s adaptation to strength training.
4. The student will be able to describe the different methods of strength training (strength, power, bodybuilding, endurance).
5. The student will be able to describe the five components of fitness.
6. The student will be able to demonstrate testing procedures for strength.
7. The student will be able to demonstrate procedures for muscle endurance.
8. The student will be able to demonstrate testing procedures for power.
9. The student will be able to demonstrate testing procedures for endurance.
10. The student will be able to discuss safety procedures in the weight room.
11. The student will be able to design a program to develop strength.
12. The student will be able to design a program to develop muscle endurance.
13. The student will be able to design a program for bodybuilding.
14. The student will be able to design a program to develop aerobic capacity.
15. The student will be able to explain advanced training workouts: pyramids, superset, compound sets, burnouts, circuit training, negatives, split routine, total body routine, plyometrics.
16. The student will be able to explain periodization.
17. The student will be able to recall muscles used for certain lifts.
18. The student will be able to analyze Olympic lifts.
19. The student will be able to examine the effect of strength training on women.
20. The student will be able to explain the importance of flexibility.
21. The student will be able to demonstrate stretching techniques.
22. The student will be able to discuss injuries, cause, treatment, prevention.
23. The student will be able to explain nutrition’s role in strength training.
24. The student will be able to examine drug use and supplements used in strength training.
25. The student will be able to compare free weights with stack weights.
26. The student will be able to utilize the internet to explore various health & fitness related websites.
27. The student will be able to send messages within the online classroom.
28. The student will be able to complete the online quizzes within the virtual classroom.

COURSE REQUIREMENTS:

Attend a maximum of 38 hours and demonstrate the ability to perform proper stretching and lifting techniques. Students must use their KCKCC student ID and log in at the weight room or Wellness Center prior to and after strength training. Students must also complete four competency based assignments highlighting their strength training knowledge.

ASSESSMENT OF LEARNER OUTCOMES:

Grade will be determined by satisfactorily completing assignment and strength training for:

<table>
<thead>
<tr>
<th>Hours</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>38 hours</td>
<td>A</td>
</tr>
<tr>
<td>34-38 hours</td>
<td>B</td>
</tr>
<tr>
<td>30-34 hours</td>
<td>C</td>
</tr>
<tr>
<td>26-30 hours</td>
<td>D</td>
</tr>
<tr>
<td>Below 26</td>
<td>F</td>
</tr>
</tbody>
</table>
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 Valerie Webb, in Rm. 3354 or call at: 288-7670 V/TDD.
|| Rating | Course Competency |
|---|---|
| 4 3 2 1 0 NA | 1. The student will be able to explain the benefits of strength training. |
| 4 3 2 1 0 NA | 2. The student will be able to demonstrate proper lifting techniques. |
| 4 3 2 1 0 NA | 3. The student will be able to discuss the body’s adaptation to strength training. |
| 4 3 2 1 0 NA | 4. The student will be able to describe the different methods of strength training (strength, power, bodybuilding, endurance). |
| 4 3 2 1 0 NA | 5. The student will be able to describe the five components of fitness. |
| 4 3 2 1 0 NA | 6. The student will be able to demonstrate testing procedures for strength. |
| 4 3 2 1 0 NA | 7. The student will be able to demonstrate procedures for muscle endurance. |
| 4 3 2 1 0 NA | 8. The student will be able to demonstrate testing procedures for power. |
| 4 3 2 1 0 NA | 9. The student will be able to demonstrate testing procedures for endurance. |
| 4 3 2 1 0 NA | 10. The student will be able to discuss safety procedures in the weight room. |
| 4 3 2 1 0 NA | 11. The student will be able to design a program to develop strength. |
| 4 3 2 1 0 NA | 12. The student will be able to design a program to develop muscle endurance. |
| 4 3 2 1 0 NA | 13. The student will be able to design a program for bodybuilding. |
| 4 3 2 1 0 NA | 14. The student will be able to design a program to develop aerobic capacity. |
| 4 3 2 1 0 NA | 15. The student will be able to explain advanced training workouts: pyramids, superset, compound sets, burnouts, circuit training, negatives, split routine, total body routine, plyometrics. |
| 4 3 2 1 0 NA | 16. The student will be able to explain periodization. |
| 4 3 2 1 0 NA | 17. The student will be able to recall muscles used for certain lifts. |
| 4 3 2 1 0 NA | 18. The student will be able to analyze Olympic lifts. |
| 4 3 2 1 0 NA | 19. The student will be able to examine the effect of strength training on women. |
| 4 3 2 1 0 NA | 20. The student will be able to explain the importance of flexibility. |
| 4 3 2 1 0 NA | 21. The student will be able to demonstrate stretching techniques. |
| 4 3 2 1 0 NA | 22. The student will be able to discuss injuries, cause, treatment, prevention. |
| 4 3 2 1 0 NA | 23. The student will be able to explain nutrition’s role in strength training. |
4 3 2 1 0 NA 24. The student will be able to examine drug use and supplements used in strength training.
4 3 2 1 0 NA 25. The student will be able to compare free weights with stack weights.
4 3 2 1 0 NA 26. The student will be able to utilize the internet to explore various health & fitness related websites.
4 3 2 1 0 NA 27. The student will be able to send messages within the online classroom.
4 3 2 1 0 NA 28. The student will be able to complete the online quizzes within the virtual classroom.

Please check one of the following:

______I certify that the student completed the course and the competencies indicated as indicated.

______I certify that the student completed 25% of the course competencies, as indicated.

Instructor Signature:____________________________________