SYLLABUS

DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Techniques in Strength Training

COURSE NUMBER: EXSC0186

CREDIT HOURS: 2 credits

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

E-Mail: Departmental Syllabus

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

PREREQUISITES: NONE

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

COURSE DESCRIPTION:
Techniques of Strength Training is designed to improve overall fitness. This is a sport specific course. Topics include proper mechanics of lifting and training, why stretching is important, target zone of heart rate to achieve maximum benefit from running, proper warm up, weight room safety, and injury prevention and care.

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:
I. Benefits of strength training
   A. Body adaptation to training
   B. Results of strength training
II. Testing
   A. Testing for strength
   B. Testing for muscle endurance
   C. Testing for power
   D. Testing for cardiorespiratory endurance

III. Safety and design
   A. Safety procedures in the weight room
   B. Designing a program for strength
   C. Designing a program for muscle endurance
   D. Designing a program for power
   E. Designing a program for cardiorespiratory endurance
   F. Designing a program for sport specific situations

IV. Advanced strength training techniques
   A. Periodization
   B. Olympic lifts

V. Flexibility
   A. Importance of being flexible
   B. Stretching techniques

VI. Injury prevention and care
   A. Specific injuries incurred in the weight room
   B. Nutrition
   C. Drug use and supplements

EXPECTED LEARNER OUTCOMES:

A. The student will be able to demonstrate the knowledge of the benefits of strength training.

B. The student will be able to describe the five components of fitness, and their testing procedures.

C. The student will be able to describe safety procedures, and design training programs.

D. The student will be able to describe advanced training workouts.

E. The student will be able to describe the importance of flexibility as it relates to individual sports performance.

F. The student will be able to describe sport specific injuries, prevention, and treatment.

COURSE COMPETENCIES:

The student will be able to demonstrate the knowledge of the benefits of strength training
1. The student will be able to explain the benefits of strength training as it relates to individual sport specific training programs.
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, endurance, and functional sport specific training technique).

*The student will be able to describe the five components of fitness, and their testing procedures.*

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.

*The student will be able to describe safety procedures, and design training programs.*

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 endurance.
13. The student will be able to design a program for sport specific conditioning.
14. The student will be able to design a program to develop aerobic capacity and anaerobic capacity.

*The student will be able to describe advanced training workouts.*

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 as it relates to individual sport.
17. The student will be able to recall muscles used for certain lifts.
18. The student will be able to analyze Olympic lifts as it relates to individual sport.

*The student will be able to describe the importance of flexibility as it relates to individual sports performance.*

19. The student will be able to explain the importance of flexibility.
20. The student will be able to demonstrate stretching techniques as it applies to individual sport.

*The student will be able to describe sport specific injuries, prevention, and treatment.*

21. The student will be able to discuss sport specific injuries, cause, treatment, and injury prevention.
22. The student will be able to explain nutrition’s role in strength training.
23. The student will be able to explain nutrition’s role in preparation of a sport specific event.
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 and stack weights.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means of class attendance, class participation, written assignments, and exams, and testing.

SPECIAL NOTES:

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 the Academic Resource Center, in Rm. 3354 or call: 913-288-7670.