COURSE OUTLINE:
The NSCA Periodization Program.

1. **Phase 1: Hypertrophy** – this phase is approximately 6 weeks long. It will be accomplished through circuit training. The student will perform a circuit, moving from station to station, performing 10-15 repetitions of a moderate intensity, with 30 seconds rest between each station. The circuit will alternate upper and lower body exercises. The hypertrophy phase is designed for the following purposes:
   a. general body conditioning
   b. enlarging muscle mass
   c. improving cardiovascular condition
d. Preparing for the strength phase

2. **Phase 2 – Strength** – this phase is approximately 6 weeks long. It is designed for strength gain. Students will work in pairs, where one person is lifting the weight and the partner is spotting. The repetitions will descend from 10 to 8 to 6, with progressively increasing weight. The student will use a log book to record daily progress.

3. **Phase 3: Power** – this phase lasts approximately 4 weeks. It is designed so the student can reach maximum strength potential. It will consist of four sets of 10, 6, 4, 2 repetitions, increasing the weight on selected stations. At the end of this period, the student will be tested on:
   a. repetition maximum for upper and lower body
   b. muscular endurance
   c. flexibility

**EXPECTED STUDENT OUTCOMES:**
1. Upon completion of the course the student will be able to recognize the benefits and improvements due to weight training.
2. Upon completion of the course the student will be able to understand the concepts of warm-up and cool-down.
3. Upon completion of the course the student will be able to practice safety and demonstrate proper strength training techniques.
4. Upon completion of the course the student will be able to improve muscular strength and endurance.

**COURSE COMPETENCIES:**
*Upon completion of the course the student will be able to recognize the benefits and improvements due to weight training.*
1. The student will be able to understand the benefits of lowering their heart rate.
2. The student will be able to understand the benefits of greater muscle strength.
3. The student will be able to understand that weight training improves sleeping efficiency.
4. The student will be able to understand that weight training relieves stress and tension.
5. The student will be able to understand that weight training adds to mental awareness.
6. The student will be able to understand the importance of flexibility in weight training.
7. The student will be able to apply the concepts of warm-up to a strength training program.
8. The student will be able to apply the concepts of workout to a strength training program.
9. The student will be able to apply the concepts of cool-down to a strength training program.
10. The student will be able to demonstrate correct body position when lifting weights.
11. The student will be able to explain the difference between muscular strength and endurance.
12. The student will be able to demonstrate proper balance when lifting weights.
13. The student will be able to demonstrate body awareness when lifting weights.
14. The student will be able to perform 30-45 minutes (not including warm-up and cool-down of strength training activities at the appropriate intensity, at least two times per week.
15. The student will be able to find a pace of lifting to reach the target zone so the student is receiving a cardiovascular benefit from the program.
16. The student will be able to participate in muscular strength and endurance assessment, pre- and post-.
17. The student will be able to demonstrate endurance in full bunker gear without mask.
18. The student will be able to demonstrate endurance in full bunker gear with a mask and air tank.
19. The student will complete the smoke divers course.
20. The student will complete an endurance run within their age range.

Upon completion of the course 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 to a strength training program.
2. The student will be able to apply the concepts of workout to a strength training program.
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Upon completion of the course the student will be able to practice safety and demonstrate proper strength training techniques.
1. The student will be able to demonstrate correct body position when lifting weights.
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4. The student will be able to demonstrate body awareness when lifting weights.

Upon completion of the course the student will be able to improve muscular strength and endurance.
1. The student will be able to perform 30-45 minutes (not including warm-up and cool-down) of strength training activities at the appropriate intensity, at least two times per week.
2. The student will be able to find a pace of lifting to reach the target zone so the student is receiving a cardiovascular benefit from the program.
3. The student will be able to participate in muscular strength and endurance assessment, pre- and post-.

ASSESSMENT OF STUDENT OUTCOMES:
Assessment methods may include, but are not limited to, the following: Homework, Assignments, Quizzes, Class Participation, Chapter Tests, and Final Exam. The grading scale and the process for calculating the course grades are to be determined by the individual instructors. This information will be included in each instructor’s syllabus.

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.

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, Room 3354 or 596-9670 V/TDD.
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 and tolerance.
## KANSAS CITY KANSAS COMMUNITY COLLEGE

### COMPETENCY INDEX

Course Number/Section/Title: **FRSC-0153**

Student Name: ____________________________   Student Number: ___________

Instructor: ________________________________   Division: **Business & Technology**

### RATING SCALE for Competency Achievement

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Superior</td>
</tr>
<tr>
<td>3</td>
<td>Good</td>
</tr>
<tr>
<td>2</td>
<td>Average</td>
</tr>
<tr>
<td>1</td>
<td>Inferior</td>
</tr>
<tr>
<td>0</td>
<td>Failure</td>
</tr>
<tr>
<td>NA</td>
<td>Not Addressed</td>
</tr>
</tbody>
</table>

### DIRECTIONS:

Evaluate the student by checking or highlighting the appropriate number to indicate the degree of competency achieved.

<table>
<thead>
<tr>
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20. The student will complete an endurance run within their age range.

Please check one of the following:

_____ I certify that the student completed the course and the competencies as indicated.

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

Instructor Signature:

Date: