

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Weight Training – Physical Conditioning
COURSE NUMBER	EXSC-0143
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	1
CONTACT HOURS/WEEK	Class: 1.7
PREREQUISITES	None
COURSE PLACEMENT	None

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.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS 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, panels, conferencing, performances, and learning experiences 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

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. 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.

- B. 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.

- C. 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.

- D. 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 COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>