

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Techniques in Strength Training (Athletics)
<b>COURSE NUMBER</b>	EXSC-0186
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	2
<b>CONTACT HOURS/WEEK</b>	Class: 1                      Lab: 1.7
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## 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.

## 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

- 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

### **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- 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.

### **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>.