

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Techniques of Strength Training
<b>COURSE NUMBER</b>	EXSC-0188
<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 are 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.

## 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>.