

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Techniques of Strength Training (Athletics)
COURSE NUMBER	EXSC-0189
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	2
CONTACT HOURS/WEEK	Class: 1 Lab: 1.7
PREREQUISITES	None
COURSE PLACEMENT	None

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.

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. Be able to demonstrate the knowledge of the benefits of strength training.
- B. Be able to describe the five components of fitness and their testing procedures.
- C. Be able to describe safety procedures and design training programs.
- D. Be able to describe advanced training workouts.
- E. 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>.