

Hagerstown Community College
OFFICIAL MASTER SYLLABUS DOCUMENT

COURSE: PED 141/143- Strength Training (Beg./Int./Adv.)

1 CREDIT

SEMESTER/YEAR: Spring 2017
ARCC Fitness Center

INSTRUCTOR:

COURSE DESCRIPTION: This course is designed to give students a basic understanding of and appreciation for Strength Training. Students will learn proper techniques for using the weight lifting equipment and will develop an understanding of a variety of training methods.

Basic anatomy and nutrition will be touched on and as student's progress through each course level; they will eventually be able to design and implement a program specific to their strength training goals. Basic fitness assessments will guide individual workouts.

TEXTBOOK: No formal text is required.

STUDENT LEARNING OUTCOMES:

- Demonstrate an appreciation for healthy lifestyle and the benefits from physical activity which one enjoys.
- Demonstrate an improvement of physical skills over the course of a semester by repetition and correction by the instructor.
- Create an activity journal and/or log that will allow for analysis, adjustment, and improvement of physical skill as the student continues to engage in the activity into the future.
- Demonstrate research skills using APA format to directed readings and/or training methods.

COURSE CONTENT OBJECTIVES:

- To experience and reflect on the benefits of strength training.
- To demonstrate knowledge of appropriate use of weight lifting equipment.
- To analyze and demonstrate knowledge of core stabilization training, circuit training, plyometric exercise, callisthenic strengthening, functional strength training, and/or any other specific technique which interest the individual.
- To display the ability to perform different types of strength training exercises using correct technique.

Total Hours of Coursework:

- To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute "academic" hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.
- For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE

| | DIRECT Faculty Instruction In-class | Student Work Out of Classroom |
|---|--|----------------------------------|
| Direct Faculty Instruction/Workouts in HCC Fitness Center | 30 h | |
| Additional Required Activity Hours/ Reflections | | 15 h |
| Research Paper | | 5 h |
| Total Hours | 30 h | 20 h |

COURSE POLICIES:

- A. This course involves physical contact. If any student has reason to restrict personal contact, please notify the Instructor. Any student restricted by medication, disability, or pregnancy should also inform the Instructor.
- This class does require physical activity within the HCC Fitness Center. You are required to abide by all rules of the HCC Fitness Center as well. Those can be found on the [Hagerstown Community College](#) website.
- B. Students are expected to attend all classes. Any work missed because of an unexcused absence cannot be made up. In the case of absence because of emergency or participation in official College functions, it is the student's responsibility to confer with the instructor about the absence and missed course work. Further, it is the student's responsibility to withdraw officially from any class that s/he ceases to attend. Failure to do so will result in the recording of an "F" Grade.
- If you miss class with an excused absence, please contact the instructor to advise on how you can make up your missed time.
 - Tardiness is NOT acceptable. You will not have the opportunity to make up any work that is missed because of tardiness.
- C. Students are responsible for any work when they are absent from a class. **Assignments are to be submitted on time!** Only in cases of extreme emergency will there be an opportunity to submit assignments later than the due date. Missed work for an excused absence must be made up within 1 week of the absence.
- D. **HCC IS A TOBACCO FREE CAMPUS! No smokeless tobacco allowed in class!**
- E. Cell phones are to be turned to silent or off during class time and only emergency calls are permitted. Please step outside of the classroom when you need to access your phone for an emergency; otherwise, **NO CELL PHONE USE PERMITTED DURING CLASS!**
- F. **Professional behavior is important for your success as a college student. It is expected that you will behave professionally in this course.**
- G. **Honor Code:** Upon admission to HCC all students sign a pledge to uphold an honor system which holds the qualities of honesty and integrity in highest regard for the duration of their educational experience.
- It is expected that students will cite all references when submitting papers. Failure to cite references or plagiarism will result in a "0" and possibility of an HCC Honor Code Violation report.
- H. **The instructor reserves the right to modify course content as deemed necessary!**

SERVICES FOR STUDENTS WITH DISABILITIES: Students may receive reasonable accommodations if they have a diagnosed disability and present appropriate documentation. Students seeking accommodations are required to contact the Disability Support Services (DSS) office as early

as possible. Students may contact a DSS staff member for an appointment at dss@hagerstowncc.edu or at 240-500-2530.

GRADING SCALE:

90-100% = A, 80-89% = B, 70-79% = C, 60-69% = D, 59% and below = F

COURSE ASSESSMENTS:

Attendance

30%

- This assessment requires you to be in class during regularly scheduled hours each day to meet the objective(s) of each lesson. We will meet for 50 minute per lesson, 2 times per week. Our meeting times are primarily focused on activity, participating in Strength Training activities in the Hagerstown Community College Fitness Center. Your instructor will help guide your activities. If you are not active throughout the class period, and/or do not complete specific assigned activities (ie. fitness test), your time will not be counted toward your 30 hours for which we meet.

Activity Journal/Reflections

20%

- A variety of training methods will be discussed in class. You are responsible for developing workouts using the methods and techniques discussed in class. You must then complete your designed workout and reflect on the experience. You will submit a description and a reflection on your workout.

Quizzes/Final

15%

- You will complete 4 quizzes and 1 final in class during the semester on the information covered in class. You must be in class to take the quiz.

Technique Assessments

20%

- You are expected to perform and discuss the important point in order to explain the technique specific to a particular lift. You will be asked to perform and verbally explain the technique for 5 different lifts. You must be in class to perform the technique assessments.

Research Paper

15%

- You will be researching a specific method of training or a specific training program that is currently trending in the profession. You will be asked to write a double-spaced 2-3 page paper, typed in APA Format, discussing the program method, the primary goals of the program, and the pros and cons of the program or method. If you have already attempted or are currently using that method of training, discuss your results. You must use at least 1 reference to be cited on a separate page in APA format. Grading based on content and accuracy, grammar, and proper citation.