



Cowley College
& Area Vocational Technical School

COURSE PROCEDURE FOR

WEIGHT TRAINING I
HPR6378 1 Credit Hour

Student Level:

This course is open to students on the college level in either Freshman or Sophomore year.

Catalog Description:

HPR6378 - WEIGHT TRAINING I (P) (1 hr)

A basic course in weight training that is specific to the student's sport he/she decides to specialize in. To provide the knowledge and inspire the understanding of weight training areas include; circuit training, free weights, safety concerns, stretching, proper warm-up and warm-down. Technique is a major focus. Necessary to organize and teach safe, effective weight training that is specific to the individuals sport.

Prerequisites:

None

Controlling Purpose:

This course is designed to help the student increase their knowledge concerning experiences which will help each student become more aware of his/her own level of strength through individualized sport specific weight lifting. In addition, extend that awareness to application of weight lifting techniques and knowledge to others.

Learner Outcomes:

Upon completion of the course, the student will be able to have developed a more in-depth background and understanding of some of the physiological functions of the body and the role that weight lifting has in influencing these adaptations related to their specific sport of choice. Furthermore, they will be informed on how to measure their own strength as well as other's strength and performance levels that is related to their specific sport. Students will also understand how much of this information has been obtained, its accuracy, and possible errors that can be acquired in determining various weight lifting parameters.

Units Outcomes and Criterion Based Evaluation Key for Core Content:

The following outline defines the minimum core content not including the final examination period. Instructors may add other material as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.
- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this ranged, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.
- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

UNIT 1: THE ESSENTIALS OF WEIGHT TRAINING						
Outcomes: The student will gain an understanding how the human body maneuvers using the skeletal and neuromuscular systems and how they adapt.						
A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Describe the function of skeletal muscle through various applications of weight training
						Understand the neuromuscular adaptations to resistance weight training
						Explain resistance training and gains in muscular fitness through weight training

UNIT 2: THE ESSENTIALS OF SPORT SPECIFIC WEIGHT TRAINING						
Outcomes: The student will understand the basic knowledge for the energy systems and how they adapt to training						
A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Describe the adaptations acquired through sport specific training
						Understand how to manipulate the energy systems through lifting for various sports
						Compare and contrast the differences between the various techniques of weight training: circuit training, free weights
						Analyze the benefits of weight training through sport specific training

UNIT 3: CARDIOVASCULAR, RESPIRATORY FUNCTION AND PERFORMANCE ASSOCIATED WITH CIRCUIT TRAINING

Outcomes: The student will gain an understanding of cardiovascular and respiratory regulation during exercise.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Understand the function of the cardiovascular system in relation to circuit training
						Enhance their cardio respiratory fitness through circuit training
						Evaluate ones cardiovascular endurance capacity through circuit training
						Track long-term improvement in cardio respiratory endurance through circuit training

UNIT 4: OPTIMIZING PERFORMANCE IN SPORT THROUGH WEIGHT TRAINING

Outcomes: The student will gain an understanding of the different theories of training in sport

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Explain the role of weight training for specific sports
						Recognize the relationship between nutrition and weight training
						Define overtraining, detraining, and retraining
						Assess body weight, body composition, and body size
						Understand the tapering for peak performance through weight training

UNIT 5: AGE AND GENDER CONSIDERATIONS IN WEIGHT TRAINING

Outcomes: The student will understand age and gender differences associated with exercise

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Describe body composition, growth and development
						Explain physiological adaptations to sport specific weight training
						Understand the gender differences in weight training

Projects Required:

Projects may vary according to the instructor

Textbook:

None is required

Materials/Equipment Required:

None required

Attendance Policy:

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

Grading Policy:

The grading policy will be outlined by the instructor in the course syllabus.

Maximum class size:

Based on classroom occupancy

Course Time Frame:

The U.S. Department of Education, Higher Learning Commission, and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching, and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

Refer to the following policies:

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

Disability Services Program:

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class which requires accommodations, contact the Disability Services Coordinator.