

**MISSOURI WESTERN STATE UNIVERSITY
COLLEGE OF PROFESSIONAL STUDIES
LABORATORY COURSE SYLLABUS
STRENGTH CONDITIONING Spring 2019**

NAME OF DEPARTMENT: Health, Physical Education and Recreation

NAME OF COURSE: PED 101 Strength Training Laboratory (SECT. 14) to accompany
PED 101 Fitness and Wellness Lecture

INSTRUCTOR: Ashley Haflett

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816-271-4491

Time/Location: MWF – 9-9:50 a.m. Baker Center

SPECIFIC OBJECTIVES OF THE COURSE

1. To relate the Fitness and Wellness activity lecture material to the activity of strength training.
2. To understand the importance of safety in strength training and identify potential hazards and dangers related to training with weights.
3. To understand the importance of proper apparel and equipment in resistance training.
4. To understand the risks involved in the use and/or abuse of ergogenic aids (anabolic steroids, supplements, etc.)
5. To understand and apply the principles of overload, specificity, and progressive resistance to a strength training program.
6. To understand the importance of warm-up and cool-down procedures in a strength training program.
7. To learn and be able to demonstrate proper lifting techniques in free weight and machine exercises.
8. To be able to develop, through mathematical calculations based on individualized data, an exercise prescription for strength training that will enhance strength, endurance, or power.
9. To understand an experience how a strength training program will assist in stress diversion and relaxation.
10. To provide pre- and post-test measurements to evaluate the effectiveness of the program in enhancing various fitness parameters before and after a 10 week, 3 day per week strength training program.

COURSE OUTLINE:

1. Associated Risks and Benefits of Strength Training. Safety procedures, including the use of proper technique, collars, and spotters. Weight room etiquette.
2. General principles of strength training, specificity, overload, progressive resistance, warming up and cooling down.
3. Lifting techniques for the major muscle groups of the body.
4. Strength pre-testing.
5. Development of a periodized exercise prescription based on the needs of the individual.
6. The role of strength and endurance in health fitness.
7. Ergogenic aids.
8. The advantages/disadvantages of free weights vs. machines.
9. Types of muscle contractions and their relationship to a weight training program.
10. Advanced sports programs; power lifting, Olympic lifting, and body building.
11. Advanced training techniques, pyramiding, supersets, giant sets, and plyometrics.
12. Strength post-testing, skill assessment, and final examination.

CLOTHING: Jeans and jean shorts not allowed.

GRADING:

The activity laboratories portion of the fitness and wellness course will account for 100 of the 600 total points in the course. The 100 points will be allocated as follows:

Attendance and Participation – 50 points. Lab journal assignments – 50 points. Points will be deducted for lack of effort. Three (3) tardies equate to one absence.

- A. **Attendance Policy:** Since the attainment of minimal levels of fitness can be achieved through regular participation in an exercise program, which is parallel with the course objectives, no more than two (2) unexcused absences for lab sections meeting 2 days/week or three (3) in sections which meet 3 days/week will be allowed without a deduction of points. For additional unexcused absences, 10 points will be deducted for every class missed (maximum of 11 classes missed). If the student exceeds 11 unexcused absences (including the non-penalized absences), a grade of “F” will be assigned to the student for the entire course (lecture and lab) for PED 101.
- B. Excused absences will ONLY BE ACCEPTED IN EMERGENICES, AND ONLY BY WRITTEN DOCUMENTATION. **WITHIN 7 CALENDAR DAYS THE STUDENT MUST: 1) PROVIDE THE INSTRUCTOR WITH WRITTEN DOCUMENTATION FOR THE EXCUSED ABSENCE AND 2) SUBMIT ANY MISSED ASSIGNMENTS DUE ON THE DATE OF THE EXCUSED ABSENCE – FAILURE TO DO SO WILL RESULT IN THE ABSENCE BEING DEEMED UNEXCUSED AND ASSIGNMENTS WILL RECEIVE A GRADE OF ZERO.** If you have missed class, it is your responsibility to inform the instructor of the reason for the absence.

ACADEMIC HONESTY POLICY: Academic honesty is required in all academic endeavors. Violations of academic honesty include any instance of plagiarism, cheating, seeking credit for another’s work, falsifying documents or academic records, or any other fraudulent activity. Violations of academic honesty may result in a failing grade on the assignment, failure in the course, or expulsion from the University. When a student’s grade has been affected, violations of academic honesty will be reported to the Provost or designated representative on the Academic Honesty Violation Report forms.

Please see the Western Student Handbook and Calendar on for specific activities identified as violations of this policy and the student due process procedure. This handbook is also available online at <http://www.missouriwestern.edu/handbook/index.pdf>

STUDENTS WITH DISABILITIES: Students seeking accommodations must first provide documentation of needed accommodations to the Accessibility Resource Center (ARC) located in Eder Hall, Suite 203. Once accommodations have been approved by the ARC, students are responsible for notifying their instructors of those accommodations. This should be done within the first two weeks of classes. Accommodations are not retroactive.

Harassment, Discrimination and Sexual Misconduct

Consistent with its mission, Missouri Western seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX and

University policy prohibit harassment, discrimination and sexual misconduct. Missouri Western encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to someone from the Campus and Local Resources list found in the Student Handbook (<https://www.missouriwestern.edu/studentaffairs/wp.../handbook.pdf>) about what happened so they can get the support they need and Missouri Western can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Missouri Western is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please visit the following website: <https://www.missouriwestern.edu/titleix/sexual-misconduct-policy/>

Students have received information via email regarding training regarding Title IX. Student employees may have additional required training. Please follow the link in the email sent to your MWSU student account to complete the training. Students who do not complete the training will receive a hold on their account, prohibiting future semester enrollment until the training is complete. These training courses will ensure that all students are appropriately educated about these important regulations.