

Department:

Physical Education

Course Description:

This course provides a program and instruction in weightlifting with the purpose of increasing individual strength and muscle tone which will help increase overall physical health and well-being. The class may be general or designed for specific athletic activities.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Explain the basic purpose and goal for specific weightlifting exercises.
2. Use proper form and technique to maximize effectiveness and results from weightlifting exercises.
3. Distinguish between strength and aerobic purposes for exercises.
4. Sustain desired levels of duration and repetition in exercises.
5. Adhere to safety procedures and etiquette in the weight training environment.
6. Document progressive improvement of resistance and load levels during the exercise program.

Course Content:

- A. Rationale for Weightlifting Training
- B. Science of Conditioning and Strength Building
- C. Basic Techniques of Lifting
- D. Other Factors of Strength Training
 1. Equipment
 2. Individual Body Type
 3. Psychological Profile
 4. Motivational Factors
 5. Intensity, Duration, Frequency
- E. Warming Up, Stretching, Flexibility

Learning Assessments:

Course competencies will be assessed by program participation, form and technique analysis, skills tests, written record of progressive improvement, and a final exam.

Instructional Materials:

Free weights and resistance machines.

**Guidelines for Requesting Accommodations Based on
Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:

<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.