

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” on our [Disability Services website](#).

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.

A Note on Harassment, Discrimination and Sexual Misconduct

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College 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 review our [Equity Grievance Policy](#).