



# Highland Community College Course Syllabus

I.

## Course Number and Title:

A. PE140 Advanced Weight Lifting & Conditioning

B. Prerequisite: none

C. Credit Hours: 1

D. Academic

## II. Department:

Physical Education & Social Sciences

## III. Course Description:

This course is designed to contribute to the health and well being of the student through the participation in the strength program, conditioning drills, and agility drills.

## IV. Course Competencies:

The course will allow the student to learn the rationale for the supplementary training for the sport of football and the scientific basis of conditioning and strength building. The student will learn the basic techniques of the lifts and how the other influencing factors of strength training that will enhance their performance. (equipment, body type, psychological profile, motivational factors, the variations of intensity, duration, and frequency). The student will learn the distinction between flexibility, warm up, and stretching.

## V. Assessment Procedure:

The competencies of weight lifting for the sport of football is suited to strength improvement to enhance speed, power, acceleration, and agility. The student will develop maximum strength and aerobic power because of the factor of duration and frequency of the movement plus the progression of resistance and overload.

## VI. Course Content:

Monday and Wednesday (upper body)

Tuesday and Thursday (lower body)

## VII. Instructional Materials:

Weight Equipment

### **Guidelines for Requesting Accommodation 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.

*On-Campus Students:* At enrollment all on campus students will complete a form which will allow them to self-identify any disability. Questions should be directed to the Disabilities Coordinator.

*Off-Campus Regional Students:* Self-identify your disability and accommodation needs with the Regional Coordinator and/or instructor preferably prior to the first night of class or early in the semester.