



Highland Community College Course Syllabus

I COURSE NUMBER & TITLE

P.E. 241.01 Weightlifting II

Prerequisite: None

Credit Hours: One

Academic

II DEPARTMENT

Physical Education & Social Sciences

III COURSE DESCRIPTION

This course contributes to the health and wellbeing of the student through a weight program which will help increase the student's overall physical health.

IV COURSE COMPETENCIES

The competencies of weight lifting for the student 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.

V ASSESSMENT ITEMS

The course will allow the student to learn the rationale for the supplementary training for lifetime sports and the scientific basis of conditioning and strength building. The students 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.

VI COURSE CONTENT

Monday, Wednesday, Friday (upper & 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.