

Montana State University-Billings  
College of Allied Health Professions  
Department of Health & Human Performance

HHP 186-001 Strength Training

**Instructor:** Jade Sobek

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**Office Hours:** MWF 1:50-3:15, TTH 9:40-10:30, Friday by appointment.

**Required Text:** None

**Course Description:** Teaches students how to develop fitness programs and tailor them to meet individual needs. Various components of fitness, (cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition), are explored. Students will develop an understanding of aerobic and anaerobic energy production systems, overload principles and specificity of training while learning to utilize systems of isometric, isokinetic, and progressive exercises. This course is hands on activity course, but also includes an academic component where students investigate the above principles.

**Course Objectives:** At the conclusion of the course students will;

1. Develop an understanding of how to use a variety of methods to reach specific fitness goals.
2. Develop an understanding of various exercises used to strengthen specific muscle groups.
3. Develop an understanding of the difference between developing strength, endurance, and power.
4. Develop an understanding of how to design and implement a sport-specific training program.
5. Develop an understanding of overload and specificity principles and how they pertain to strength training.

**Course Policies and Accommodations:**

- Attendance Is Required.
- Students should read the reading assignments prior to attending class.
- Written assignments are due on due dates, points will be deducted for late assignments
- Unless otherwise specified, all written assignment will be typed.
- Cheating and plagiarism in any form will not be tolerated. Evidence of not doing your own work will result in an automatic failure for that assignment. If you use someone else's work, be sure to give them credit for it. This rule applies for all class assignments. Further discussion of

university policies regarding academic misconduct (which includes cheating, plagiarism, fabrication, or misrepresentation) or personal misconduct, are explained in Part IX Code of Conduct of the Student Handbook.

- If students require special accommodations for any reason, please contact the instructor and/or the office of Disability Support Services (657-2283) during the first week of the course in order to discuss your needs and to agree upon the necessary accommodations.

**Caveat:** Students are responsible for all announcements, directions, and materials presented in class. The instructor reserves the right to alter this syllabus at any time in consultation with students.

**Grading:** (subject to revision)

Individual Goal	50
Personal Journal	400
Attendance/Quizzes	400
Comprehensive Final	150

- Individual Goal- Each student shall compose and individual exercise goal; including in the goal shall be all the elements the student intends to improve or maintain.
- Personal Journal- Each Student will be required to submit a journal 4 times during the semester showing his/her exercise progress for each class period. The journal must contain the full date for each day (Monday, June 15), the exercise/sets/reps/amount. End of the Journal will include a One Page Type Analysis of reasons why things worked for you or didn't work and what will you do different for the future. For each class day, the student is not in attendance, points will be taken off their journal and attendance record. The journal should reflect the student individual program. Journals may also be randomly collected at any time throughout the semester to check for progress.
- Attendance- Is MANDATORY. In order to develop a consistent workout routine, it is important to attend classes. There will be exceptions for university related activities. Each class is approximately 15 pts. If you do not dress appropriately you will be deducted 5 pts. If you do not follow Fitness Center Rules you will be deducted 5pts. Quizzes will be added as a port of attendance points and are worth 5pts are added. If you miss class that has a quiz you miss 20 pts.

### **Tentative Course Outline** (Subject to Revision)

<b>Week</b>	<b>Topics</b>
1	Syllabus Hand Out - Course Outline
2	Lecture
3	Testing - Familiarize w/ equip.
4	Testing - Familiarize w/ equip./ Workout
5	Workout
6	Workout
7	Workout
8	Workout/ testing available
9	Workout
10	Workout
11	Workout
12	Workout
13	Testing-results
14	Personal Journal Due