

Montana State University-Billings
Department of Health and Human Performance
Fall 2009

Course Title: HHP 186-2 Strength Training, MW 920-1020

Class Location: PE Weight Room

Instructor: Natalie Visger, PE 152, 657-2346

Email: nvisger@msubillings.edu

Office Hours: By Appointment

Course Description: Strength Training is above all an activity class. The course is designed to teach and help students how to design and use an individually tailored strength program. Students will become familiar with various techniques in the weight room that include some or more of the following: training for power, strength, and endurance; overload and specificity principles, and an understanding of general periodization. Students should also have a basic understanding of the major muscles in the body and their functions, along with how to stretch these muscles effectively. This class will not require a cardiovascular element, although students will be allowed to use the various cardio equipment in the fitness center. Students will be taught lifting techniques and safety in the weight room. Students will be expected to track their progress using a personal journal.

Course Objectives: By completion of this course, students will be able to:

- Demonstrate competence in basic resistance training safety and lifting techniques
- Demonstrate basic knowledge of major muscles and strength and stretching exercises for each
- Demonstrate competence in exercise and program selection
- Demonstrate ability to keep an organized and useful training journal
- Develop an appreciation for resistance training as a lifetime activity

Dress: Students are expected to wear appropriate clothing for physical activity. Athletic apparel and appropriate shoes are required. The instructor reserves the right to object to a student's choice of apparel if she feels it is inappropriate.

<u>Grading:</u>	Attendance and Participation	250 pts
	Journal	102 pts
	Assignments/Quizzes	<u>60 pts – (20 pts each)</u>
		412 pts

Attendance: Each class period is worth 10 points. Points will be deducted for missed classes. Instructor must be notified in advance of a university related absence. One make-up workout worth 15 points will be allowed. See instructor for details during the semester.

Journal: Each student will be required to track their workout progress by making journal entries for every class period. During the 2nd week of class a sample journal entry will be given to students. The handout will also explain the requirements of the journal. The journal will be collected 2x during the

semester and then again at the end of the semester, each time worth 34 points. The instructor will give students advance notice of collection dates.

Assignments/Quizzes:

1. **Sample Journal Entry with Workout Template and Semester Goal(s)** **Due Sept. 21**
2. **Major Muscle Identification and Stretching Chart Verbal and Visual Quiz** **Oct. 5**
3. **Strength Training Principles/Methods/Research Article and Summary** **Due Oct. 21**

Course Policies:

-Attendance is Mandatory. In order to develop a consistent workout routine, it is important to attend class. There will be exceptions for university related activities and emergencies (defined by instructor).

-Assignments are to be typed. Journals may be handwritten, but neatness is appreciated and will alter your journal grade in a positive manner.

-The use of the cardio equipment is allowed for a maximum of 20 minutes per class period. It should be done at the end of class.

-Students who have a documented disability or believe they need accommodations to complete course assignments should contact the instructor during the first week of the course to provide appropriate arrangements.

Class Schedule

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| Wed., Sep. 9 | Hand out and Review Syllabus, Guidelines and Exercises Handouts, and Introduction to Fitness Center and Safety |
| Mon., Sep.14 | Introduction to Strength Training Principles (Lower Body, Auxiliary, and Stretches)
<u>Assignment 1 Handout</u> |
| Wed., Sep. 16 | Introduction to Strength Training Principals (Upper Body, Auxiliary, and Stretches) |
| Mon., Sep. 21 | Introduction to Resistance Training Exercises (Full Body and Core Exercises and Stretches)
ASSIGNMENT 1 IS DUE
<u>Quiz Study Guide Handout</u> |
| Wed., Sep. 23 | Finish Demo if needed & Lift |
| Mon., Sep. 28 | Lift |
| Wed., Sep. 30 | Lift |

Mon., Oct. 5	**MUSCLE, LIFT, AND STRETCH QUIZ** and Lift
Wed., Oct. 7	Lift <u>Assignment 3 Handout and Topic Sign-up</u>
Mon., Oct. 12	~15min. Demo of new lifts/techniques and Lift
Wed., Oct. 14	Lift
Mon., Oct. 19	Lift
Wed., Oct. 21	Lift **ASSIGNMENT 3 IS DUE**
Mon., Oct. 26	Lift – Meet with instructor for 5 min. of class for Q&A Handout on varying your routine
Wed., Oct. 28	Lift – Meet with instructor for 5 min. of class for Q&A
Mon., Nov. 2	Lift – Required routine change
Wed., Nov. 4	Lift
Mon., Nov. 9	Lift
Wed., Nov. 11	No Class – Veteran’s Day
Mon., Nov. 16	Periodization Talk and Lift
Wed., Nov. 18	Lift
Mon., Nov. 23	Lift
Wed., Nov. 25	No Class – Thanksgiving Break
Mon., Nov. 30	Lift
Wed., Dec. 2	Lift
Mon., Dec. 7	Lift
Wed., Dec. 9	Lift
Mon., Dec. 14	Finals Week Begins <u>**Journals due by Dec. 15th by 4pm**</u>