

Linn-Benton Community College
6500 Pacific Blvd SW
Albany, OR 97321

Instructor:

Cindy Falk

Class Location:

AC 127

MW 8:00 – 9:50 a.m.

Credits:

4

Course Description:

This course examines the techniques and programs for improving performance in health- related and skill-related physical fitness.

E-mail: falkc@linnbenton.edu

Message phone:

541.917.4240

Office Location:

AC 111

Office Hours:

TR 10:00 – 11:00 a.m.

F by appointment

ADA

If you feel you need academic adjustments for any type of disability, please see me in my office during my office hours or contact the Center for Accessibility Resources at 541.917.4789

DISCRIMINATION

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

PE 194H: FOUNDATIONS OF
STRENGTH TRAINING AND CONDITIONING

CRN 34650

WINTER 2020

TEXT: None – printing a variety of material for class participation

Materials for note-taking

Be prepared to print materials for various assignments

GoPrint account or personal printer

COURSE OUTCOMES: Upon successful completion of the class, with a C or better, a student will be able to:

1. Learn the theory for practices in strength and conditioning of athletes and the advanced exerciser.
2. Demonstrate basic competence in designing programs to enhance performance goals.
3. Demonstrate the ability to read, interpret, and report on current peer-reviewed literature and design programs according to this research.
4. Demonstrate competency in presenting research in written and oral forms.

CLASS EXPECTATIONS:

Come to class on time

Come to class prepared to participate in discussion and activity

Come to class with completed assignments – late assignments will be accepted for half credit 1 day late ONLY

If you are absent on the day a major paper is due, you MUST send it by email, before class starts, in order for it to be ON TIME

Unless directed otherwise, come to class with your cell phones turned OFF and stored

Notify instructor when absent so as to stay current in course work

You must be in class 110 minutes to receive full credit for attendance

EVALUATION:

Attendance / Participation	90 points (5 each day)
Assignments	300 points
Project – Individual Fitness Plan	50 points
Exams	100 points
<u>Exam Written Final</u>	<u>50 points</u>

DATES TO REMEMBER:

Monday, January 20 NO CLASSES – MLK Day

Monday, February 17 NO CLASSES – Presidents' Day

Mon. – Wed., March 16-18 **FINALS (MON., March 16, 8-9:50 a.m.)**

COURSE OUTLINE

JANUARY	7	9
Syllabus Components of Fitness for Health and Performance		Background and Foundation of Strength Training and Conditioning
	14	16
Fitness Preparation and Pre-habilitation		Training for Cardiovascular Endurance and Performance
	21	23
Training for Muscular Strength and Endurance		Specificity, periodization, overload, inter-individual variability Training frequency
	28	29
Core Assessment and Training		Compensatory Acceleration Cord Training: MS, ME, Core
FEBRUARY	4	6
Flexibility and Mobility Assessment and Training		Evaluating Body Composition and Effects on Training
	11	13
EXAM 1		The Hybrid Athlete and Training
	18	20
Plyometrics		Olympic Lifting
	25	27
Powerlifting		Student-led workouts – Hybrid, Plyometrics, Olympic Lifting, Core Training
MARCH	3	5
Speed and Agility – Mechanics of Running		EXAM 2
	10	12
Strength Training for Youth and Adolescents		Strength training for Elderly / Physically Challenged
	17	19
FINAL EXAM AC 127: 7:30 a.m. – 9:20 a.m.		

