

HLAC 2110 – PRINCIPLES OF STRENGTH TRAINING
DEPARTMENT OF EXERCISE SCIENE
SALT LAKE COMMUNITY COLLEGE

Instructor:
Office hours:
Office:
E-Mail Address:

COURSE DESCRIPTION:

An advanced course designed to provide students with knowledge and skill in the use of free weights, weight machines, and exercise apparatus, with an emphasis in designing resistance training programs to meet a wide range of goals. This course emphasizes lifelong fitness and wellness concepts.

Prerequisites: None
Credit Hours: 1
Optional Text: Exercise Technique Manual for Resistance Training/NSCA 3rd or 4th ed. Human Kinetics
Required Materials: Workout clothes, athletic shoes, & water/hydration bottle

OBJECTIVES/OUTCOMES:

Students will:

1. Demonstrate knowledge of muscular strength, power, and endurance weight training principles.
2. Demonstrate ability to demonstrate and teach proper lifting techniques.
3. Demonstrate knowledge and skill of the various methods of strength training including one set to fatigue, pyramid, super sets, compound sets, progressive overload, and periodization.
4. Demonstrate knowledge and skill in related to frequency, duration, and intensity of strength training.
5. Demonstrate the ability to evaluate an individual's initial training status.
6. Demonstrate ability to design a resistance training program to meet individual goals.
7. Demonstrate knowledge of concepts and a strategy to implement a lifelong resistance program.

COURSE REQUIREMENTS:

All students are required to:

- Regularly attend and actively participate in class. If you choose not to attend, you accept the responsibility for what occurs during your absence. This course contains both lecture and lab components. Some labs cannot be done outside of class.

- Be on time for class. Students who arrive late, leave class early, or fail to dress or participate in class will lose attendance points.
- Complete assignments on time to receive full credit.
- Wear appropriate workout clothing and gym shoes. Recreation Center dress code approved athletic clothing and closed toe athletic shoes are appropriate.
- Notify the instructor immediately in the event of any injury or change in health status which occurs before, during, or after class. Make safety an important part of your learning experience.
- Cell phone use and earbud use *are not allowed* during class time. Please make sure that all devices are silenced and stored in your backpack during class time. Let's all be fully present during class! The instructor will let you know if earbuds can be worn during one of the class workouts.
- Practice mutual respect and cooperation. We all contribute to the learning community and can learn from one another. Respect towards the instructor and fellow students should be shown at all times.

CLASS EXPECTATIONS:

This will be decided by the class on the first day.

- Support each other and create a judgement free zone
- Active participation
- Have an open mind and be willing to learn
- Give constructive criticism that is tactful and helpful

IMPORTANT DATES:

1st Day of the Semester:

- Full term- August 20
- 1st half 8-week- August 20
- 12-week- September 11
- 2nd half 8-week- October 14

Last Day of Classes:

- Full term- December 5
- 12-week- December 5
- 1st half 8-week- October 12
- 2nd half 8-week- December 5

Holidays:

- September 2- Labor Day (no classes, college closed)
- October 17-18- Fall Break (no classes)
- November 27-30- Thanksgiving (no classes the 27th) (no classes/college closed the 28th-30th)

COURSE SCHEDULE:

This is a face-to-face course with lecture and lab components each week. Additional course material and assignments will be available in Canvas. A tentative course schedule can be found below and in the Orientation module in Canvas. Assignments will be done primarily through Canvas.

TENTATIVE SCHEDULE:

Week 1: Course overview; Safety considerations for strength training

Week 2: Components of muscular fitness; Assessing muscular fitness

Week 3: Basic anatomy & physiology of strength training

Week 4: Concept review; Performing & coaching the squat

Week 5: Basic program design for strength training; Performing & coaching the bench press

Week 6: Basic program design (cont.); Performing & coaching the deadlift

Week 7: Periodization concepts; performing & coaching the overhead press

Week 8: Pull-ups & upper body pulling exercises; Muscular Fitness Reassessments (if time)

Weeks 9 & 10: Modifications & bodyweight exercises for strength training

Week 11: Exercise teaching review & practice; Velocity-based training lab

Week 12: Wrap-up; Exercise Teaching Demonstrations

GRADING:

- All work must be turned in on time. *Late work is typically not accepted.* I do understand life happens. If an assignment is accepted late, a 5%-point reduction will be applied for each day late. Assignments will close after specified dates. If dire circumstances arise that interfere with your ability to complete assignments or attend class, please communicate with me in a timely manner, rather than after.
- If you are more than 10 minutes late or leave early without prior notification you will only receive 80% attendance credit for the day. It is important that you stay until the end of class or points will be lost for leaving before class is dismissed. If you are more than 20 minutes late without notifying the instructor in advance, you will be counted absent for the day.
- Attendance is worth 100 points towards the point total of 500 points. Please refer to the Canvas Assignments page and the Canvas Course Calendar for assignments, points, and due dates.

Incompletes: An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete coursework due to circumstances beyond their control such as a major illness/injury or a death in the family.

Written documentation from your physician will be required.

Grades: Student performance is based on a percentage of the possible points. You can check your scores in the Canvas gradebook and should discuss grade concerns with your instructor throughout the semester.

Grade Breakdown by Percentage					
Grade	Bottom	Top	Grade	Bottom	Top
A	95%	100%	C	73%	76%
A-	90%	94%	C-	70%	72%
B+	87%	89%	D+	65%	69%
B	83%	86%	D	60%	64%
B-	80%	82%	D-	55%	59%
C+	77%	79%	E	0%	54%

Point Breakdown: Assessment		Points
Attendance/Participation		100
Health Screening Questionnaire		10
Muscular Fitness Tests Results		20
Article Review		20
Energy Systems/Strength Training Basics Quiz		20
Workouts (4 x 20 pts)		80
Exercise Discussions (3 x 20 pts)		60
Program Design Discussion		30
VBT Lab		15
Exercise Teaching Demonstrations (2 x 25 pts)		50
Signature Assignment First Draft		15
Signature Assignment- Week of Programming		40
Final Reflection		40
Total		500

The instructor reserves the right to modify dates/points for assignments.

INSTRUCTIONAL CONTINUITY AND CONTINGENCY PLAN:

In the event of a campus emergency, mandatory action for air quality, inclement weather, instructor absence, or other event that disrupts academic activities the instructor may need to adjust the following:

- course format
- assignments and deadlines
- grading policies
- other course requirements

Possible changes to the class format for this course include:

- shifting from in-person to alternative online assignments such as doing an out-of-class/at home workout or completing an online assignment/discussion on course specific content to count for attendance points
- shifting from in-person to livestream (Zoom) class

Information about changes in the course will be communicated as soon as possible via email and in Canvas. The instructor will do their best to notify students in a timely manner. They will comply with state and college recommendations in making a decision that is in the best interest of the class. It is the responsibility of the student to check Canvas and their email not only regularly but also when there is the potential threat of a disruption to academic activities. Students are expected to contact their instructor promptly if they have any questions or concerns.

STUDENT CODE OF CONDUCT:

Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at: https://www.slcc.edu/policies/policies/student_affairs/8.1.050.aspx

Use of Artificial Intelligence (AI) in this course:

"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same standards as the Code of Student Rights and Responsibilities statement on plagiarism. Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so." -SLCC Dean of Students

Generative AI can be an excellent resource, but your own thoughts and words must be used on all assignments and discussion posts. If any sources are used, including generative AI, they must be properly cited. As stated in the SLCC Code of Student Rights and Responsibilities, " Students who are unsure of what constitutes plagiarism should consult with their instructors. Claims of ignorance will not necessarily excuse the offense."

MEDICAL CONSIDERATIONS:

If you have any doubts about your health in relation to this course, consult with your doctor and then your instructor before beginning your program. Notify the instructor immediately in the event of any injury, or change in health status that occurs before, during, or after class. Please do not leave class without notifying the instructor.

ACCESSIBILITY AND DISABILITY SERVICES:

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to

improve access to learning materials of the learning environment, please contact the Disability Resource Center.



Please refer to the [Institutional Syllabus](#) in the main menu in Canvas for additional policies, procedures, and services available to students (such as the [Bruin Pantry](#) and [Center for Health and Counseling](#)).