Princ. of Strength Training

HLAC - 2110 401

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.

Semester: All

Course Student Learning Outcomes

- Demonstrate knowledge of muscular strength, power and endurance training principles.
- Demonstrate ability to demonstrate and teach proper lifting techniques.
- Demonstrate knowledge and application of the various methods of strength training including one set to fatigue, pyramid, super sets, compound sets, progressive overload, and periodization.
- Demonstrate ability to design a resistance training program to meet individual goals.
- Demonstrate the ability to evaluate an individual's initial training status.
- Demonstrate knowledge of concepts and a strategy to implement a lifelong resistance program.

Course Prerequisites

None.

Engagement Plan

Example language:

- I will respond to email within 48 hours. I will offer feedback on major assignments within one week. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.

- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.

- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.

- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

Keys for Success (how to succeed in the course)

All students are required to:

- Regularly attend and actively participate in class. If you choose not to attend, you accept responsibility for what occurs during your absence. This course contains both lecture and lab components. Some labs cannot be done outside of class. You will not be able to adequately meet the course outcomes if you do not attend 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 (see Grading section).

- 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/headphones 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 for the instructor and fellow students should be shown at all times.

Additional Materials

Workout clothes, athletic shoes, & water/hydration bottle

Brief Description of Assignments/Exams

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

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Introduce Yourself	Discussion	0
	Roll Call Attendance	Assignment	100
	Squat In-class Assessment	Assignment	25
9/23/25	Preparticipation Health Screening Questionnaire	Quiz	10
9/30/25	Beginning of Course Survey (Extra Credit)	Quiz	0
10/2/25	Muscular Fitness Assessment Results	Quiz	20
10/7/25	Article Review: Effects of the Safety Squat Bar...	Assignment	20
10/14/25	The Squat	Discussion	20
10/30/25	Energy Systems and Strength Training Basics Review	Quiz	20
11/4/25	Check-in & Participation Self-Assessment (Extra Credit)	Quiz	0
11/4/25	Superset Workout	Assignment	20
11/11/25	Upper Body Workout	Assignment	20
11/18/25	Lower Body Workout	Assignment	20
11/20/25	Calisthenics Workout	Assignment	20

Due Date	Assignment Name	Assignment Type	Points
11/25/25	Signature Assignment First Draft	Assignment	15
12/4/25	SKIP Volunteering Extra Credit	Assignment	0
12/4/25	VBT Lab	Assignment	15
12/9/25	Skill Assessment: Exercise Teaching Demonstration #1	Assignment	25
12/9/25	Final Reflection	Assignment	40
12/11/25	Skill Assessment: Exercise Teaching Demonstration #2	Assignment	25
12/12/25	End of Course Evaluation (Extra Credit)	Assignment	0
12/12/25	EXSC Open Lab Extra Credit	Assignment	0
12/12/25	Signature Assignment: Week of Programming (PLO-FITTECH-2)	Assignment	40

Grading Scale

- All work must be turned in on time. 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 15 minutes late, you will be marked 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:

A 95-100% C 73-75

A- 90-94 C- 70-72

B+ 86-89 D+ 66-69

B 83-85 D 60-65

B- 80-82 D- 55-59

C+ 76-79 E Below 55%

Assignment	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.

Academic Integrity

STUDENT CODE OF CONDUCT:

Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at: Student Affairs- Policies

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."

The use of AI is discouraged in this course. If you do choose to use AI as a resource for brainstorming ideas, researching topics, outlining concepts, or grammar/writing assistance, the final assignment submission must be significantly edited by the student and demonstrate the student's own ideas, interpretation, effort, understanding, and input. AI should be cited as a reference when used for research and images or other artistic representations. Submissions and discussions that appear to be entirely or more than 20% generated by AI may be subject to reduced grades and/or a requirement to resubmit.

Students are also expected to include a statement with each assignment and discussion submission stating 1) which AI tool(s) they used, 2) for what purposes, and 3) how they used and modified the AI's output with their own contributions. (Adapted from Utah State University.)

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)