

ARIZONA WESTERN COLLEGE
SYLLABUS

PER 113 STRENGTH AND CONDITIONING TRAINING

Credit Hours: 3 Lec 2 Lab 2

PREREQUISITE: None

COREQUISITE: Collegiate Athlete Member

COURSE DESCRIPTION

Instruction and application of various (sport specific) methods used to increase strength and improve the physical condition of the collegiate athlete in preparation for competition.

1. COURSE GOAL

To provide the knowledge, understanding and practical application of how exercise improves physical strength and condition of the college athlete. Student athletes will develop skills to apply their conditioning to enhance their sport performance in competition.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 Apply general guidelines for safe and effective techniques in various weight training methods
- 2.2 Demonstrate various ways to condition the college athlete which may include the use of: barbells, machines, kettle bells, swimming, running, plyometrics, etc.
- 2.3 Define common terms used in strength training
- 2.4 Perform several advanced exercises for strength training
- 2.5 Improve and maintain fitness levels for competition
- 2.6 Identify strength and conditioning skills that will improve sport specific competition
- 2.7 Demonstrate skill progression for their sport

2. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Observation
- 3.3 Demonstration

4. LEARNING ACTIVITIES

- 4.1 Students will be required to perform basic and advanced conditioning and agility training exercises
- 4.2 Students will be required to test their speed and endurance at the beginning and end of the program

5. EVALUATION

- 5.1 Demonstration of competencies
- 5.2 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides

academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.

- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or loose-leaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for "No Show" reporting during the first 10 days of each semester.

Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.

For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):

- Submitting an academic assignment
- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course