

ARIZONA WESTERN COLLEGE
SYLLABUS

PER 213 STRENGTH AND CONDITIONING TRAINING

Credit Hours: 2 Lec 1 Lab 2

PREREQUISITE:

COURSE DESCRIPTION

Instruction and application of various (sport specific) methods used to increase strength and improve the physical condition of the college athlete in their second year of training.

1. COURSE GOAL

To provide further knowledge, understanding and practical application of how sport specific exercise improves physical strength and condition of the college athlete in their second year

2. OUTCOMES

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

- 2.1 demonstrate advanced guidelines and spotting techniques for safe and effective weight training methods
- 2.2 demonstrate various ways to condition the college athlete using a multi joint technique which may include the use of: barbells, machines, kettle bells, swimming, running, plyometrics, etc.
- 2.3 demonstrate an understanding of common terms used in strength training
- 2.4 perform several complex weight bearing exercises for strength training
- 2.5 explain the benefit of rest periods for enhancing athletic performance.
- 2.6 demonstrate an understanding of conditioning for specific sports and position through independent training.

3. 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. 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 Students who are not attending as of the 45th day of the course may be withdrawn by the instructor.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.
- 6.3. 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.
- 6.4. 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.
- 6.5. Texts and Notebooks: Students are required to obtain the class materials for the course.