**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 2100

**Course Title:** Intermediate Weight Training

**Course Description:** Designed for the individual who has experience in basic weight training skills and wants to increase their knowledge of training techniques and conditioning.

 *Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 2100-2148 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

 Lab Hours: 3

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Demonstrate knowledge of the scientific aspects of weight training including Biomechanics, Bioenergetics, Neuromuscular Adaptations, Musculoskeletal Adaptations, and Nutrition.
2. Demonstrate the ability to apply the principles of weight training to designing and implementing resistance training programs, which reflect progressive techniques, and training methods.
3. Demonstrate the ability to compare and contrast strength and endurance training to power training.
4. Demonstrate the ability to perform power-lifting techniques as appropriate for intermediate training programs.
5. Demonstrate the ability to obtain a level of fitness as a result of training.
6. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
7. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
8. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life
9. Demonstrate the biomechanics of fundamental movements and skills.
10. Develop the kinesthetic sense in the process of acquiring movement skills.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*