**Syllabus – HFE 121 004**

**Strength Training 1 – 1 Credit**

Mr. Brown

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**Course Description:**

Strength Training 1 is for students interested in beginning-level strength training concepts and exercises.  They learn the five major muscle groups, their function and the primary exercise for each group in developing muscular strength, power, tone, and endurance.

**Course Objectives:**

Upon completion of this course, the student will be able to:

- Identify terminology related to resistance training.

- Explain fundamental safety techniques.

- Explain basic concepts related to anatomy and bio-mechanics and their application to movement.

- To learn the significance of basic technique as it relates to efficient movement and development

- To understand the interrelationship between program development and specific goals.

- To learn methods and techniques to monitor and evaluate exercise intensity and effectiveness.

- List the major muscles presented in this class

- List the primary exercise for the major muscles presented in this class.

- List the primary function for the major muscles presented in this class.

- Demonstrate the proper set-up, safety concerns, and technique of an exercise machine of their choice.

**Grading**

*Participation (70%)*

-          Students can earn up to 5 points a day

-          Core Lift (card must be filled out): 2.5 pts

-          Aux Lift: 2.5 pts

*Assessments (30%)*

-          Weight Room Rules/Spotter/Technique Quiz

-          Muscle Identification Quiz

-          Final Project (Presentation & Paper)

**Course Requirements**

1. BE ACTIVE!!! Stay on task and complete all assigned lifts! No sitting or social time.
2. Come prepared to participate in the proper attire and gym shoes (no sandals)
3. Be ON TIME to class or will be sent to get a pass (5 minutes after the bell)
4. Class will begin with instructor discussing objectives for the day.
5. Class will end with ALL students picking and cleaning weight room
6. No Profanity!!!
7. Stop all activity when the whistle blows.
8. No food or drink allowed in the weight room.
9. No arguing with classmates or the teacher.
10. You are not to leave the weight room unless given permission.
11. You are not dismissed from class until the teacher dismisses you.
12. All rules and policies from the P.E. Policy adhere to this class.

**Academic Integrity:**

As an educational community, McHenry County College values the pursuit of academic excellence and integrity.  In accordance with this philosophy and Chapter 10, Act 5 of the 1994 Illinois Community College Act, academic dishonesty in any form, including cheating, plagiarism, and all other acts of academic theft, is considered intolerable.  Appropriate sanctions, up to and including suspension from the college will be imposed by authorized College personnel.

**Copyright Policy:**

The College will maintain current procedures and guidelines to ensure that all staff and students comply with applicable copyright laws and other intellectual property protection laws.  The College will encourage staff and students to engage in the development of intellectual property and facilitate ownership protections with respect to such development of intellectual property.

The College expects that staff and students will act responsibly and ethically in a manner consistent with all copyright laws and College copyright procedures and guidelines.  This policy authorizes the College to adopt and maintain such procedures and guidelines necessary to ensure compliance with copyright laws and to facilitate ownership protection with respect to the development of intellectual property.

**Student Code of Conduct and the Judicial Process:**

Consistent with the McHenry County College mission is an expectation that students will govern themselves in terms of appropriate behavior with emphasis on self-respect and respect for others.  It is the practice of the College to respect the properly exercised rights of its students.  The College recognizes a student’s rights within the institution to freedom of speech, inquiry and assembly; to the peaceful pursuit of education; and to the reasonable use of services and facilities of the College.

The College has adopted a Student Code of Conduct and judicial process in order to maintain a learning environment of respect, civility, safety, and integrity for all members of the College community.

Whenever possible, sanctions for violations of the Student Code of Conduct may be educational in nature.  However, violations affecting the health and safety of members of the College community are deemed to be the most serious.  Therefore, acts of violence, threats or dangerous behavior are most likely to result in a suspension from the college.  Violations of the academic dishonesty policy may also result in suspension or expulsion from the institution and/or reduced or failing grade.