Syllabus – HFE 221 002

Strength Training 2 – 1 Credit

Brown – Fall 2013

Days: M,T,W,TH,F 1st Hour

Course Begins: 10/21/2013 Course Ends: 12/20/13 Last Day to Withdraw:

**Course Description:**

Strength Training 2 is a continuation of Strength Training 1. Students design an individual workout program covering a larger scope of muscle groups and more intensive exercises. This course may be repeated once for a maximum of 2 credit hours.

**Course Prerequisite:**

HFE 121

**Course Objectives:**

- Explain the terminology related to resistance training.

- Recognize fundamental safety techniques.

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

- Recognize the significance of basic technique as it is related to efficient movement and development.

- Explain the interrelationship between program development and specific goals.

- Identify methods and techniques to monitor and evaluate exercise intensity and effectiveness.

- List the major muscles presented in this class

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

- Correctly list the primary function for the major muscles presented in this class

- Demonstrate the proper set-up, safety concerns, and technique for all the exercise machines presented in this class

- Construct a total personal fitness program using both a 3 day and a 4 day work-out plan.

**Course Outline:**

I. Course Overview

A. Review Syllabus

B. Attendance policy

C. Make-up policy

II. Options for end of semester project

III. Date for final project to be completed

IV. Exercise program design

V. Demonstrate all resistance machines to include set-up, safety procedures, and muscle(s) exercised.

**Academic Support for Special Populations Students:**

McHenry County College offers support services for students with special needs. It is the student’s responsibility to meet with the Special Needs Coordinator and provide current documentation regarding his/her disability and receive information about the accommodations that are available.

In addition, as a student enrolled in a career or technical education program at McHenry County College, you may be eligible for services and assistance under the Carl D. Perkins III Grant. Grant funds are used, in part, to assist students who are at risk of not succeeding in their educational pursuits.

The traits that often prevent students from succeeding are: economic disadvantage, academic disadvantage, disability/disabilities, single parent, displaced homemaker, nontraditional, and limited English proficiency these traits are referred to as Perkins Special Populations Students.

If you would like to know if you are elefible for services at anytime during the semester, please do not hesitate to contact the Special Needs Coordinator. The office is room A-260, and phone number is (815) 455-8676.

**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.

**Children on Campus:**

For the safety of children on campus, children (e.g., less than 16 years of age) are not permitted on campus unattended by a parent/guardian, except when they are attending classes offered by the College for children. The College requires that no children be allowed into a classroom/laboratory environment, including the Testing Center, Learning Center and computer labs, solely for the purpose of a parent/guardian to provide direct supervision of his/her child.

**Teaching Schedule:**

The scheduling of the activities and teaching strategies on this syllabus, but not the objectives or content, may be altered at any time at the discretion of the instructor. Henry County College, you may be eligible for