

# North Hennepin Community College

## EXSC 1060: Advanced Weight Training

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 0

Lab Hours/Week: 4

OJT Hours/Week: \*.\*

Prerequisites:

This course requires either of these prerequisites

PE 1050 - Weight Training

EXSC 1050 - Weight Training

Corequisites: None

MnTC Goals: None

Advanced Weight Training is a course designed to further the students knowledge, techniques, and comprehension of advanced principles of weight training. Application of these techniques and principles to promote and maintain fitness for is the primary goal for this course. This course can be repeated for credit.

Prerequisites: EXSC 1050 or Instructor Approval

**B. COURSE EFFECTIVE DATES:** 08/24/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Academic Content could include, but is not limited to: advanced exercises and techniques, German volume training, accommodating resistance, jettison, rep targeting, drop sets, strip sets, down the rack, Delorme, HIT, giant sets, negative/eccentric training, wave loading, rest-pause training, partials, forced reps, manual resistance, nutrient timing and fueling for sport and exercise.

### D. LEARNING OUTCOMES (General)

1. Comprehend the importance of evaluation and self-assessments in regards to strength training. (ELO 1,2,4)
2. Demonstrate knowledge of weight training theories and styles as it applies to weight bearing exercises. (ELO 1,2)
3. Describe and demonstrate advanced exercises and core lifts to develop muscular strength and endurance, as well as several different types of strength training methodologies. (ELO 1,2)
4. Demonstrate knowledge of the human body and the muscular/skeletal system. (ELO 1)
5. Demonstrate safe lifting and spotting techniques. (ELO 1,2)
6. Comprehend the benefits of strength training and nutrition and their role in weight lifting. (ELO 1,2,4)

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World-Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills-Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
4. Integrative and Applied Learning-Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.