EXS 202: Strength & Conditioning (3 Credits)

Course Description

Through participation in lecture and lab, students will develop skills and understanding of muscle physiology and its relationship to resistance training. The course will provide student with an understanding of required adaptations for proper training and correct form and technique.

Instructor:
Martin Morock, M.S.
Adjunct Professor
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Mount Wachusett Community College
Fitness & Wellness Center - Room # 214
Gardner, MA. 01440

Contact:
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Required Textbooks:
Title: Essentials of Strength Training & Conditioning, 3rd Edition
Authors: Baechle & Earle
Publisher: Human Kinetics

Prerequisites or Co-requisites:
BIO 199 - Anatomy & Physiology I or EXS 102 Principles of Kinesiology or PTA 104 Applied Anatomy and Kinesiology

Course Objectives

Upon successful completion of this course, students will:

- Demonstrate an understanding of muscle physiology and adaptations to training
- Demonstrate an ability to apply anatomical knowledge to correct exercise form and technique.
- Demonstrate the ability to assess correct form and technique with a variety of resistance training & sport specific training
• Instruct lab partners in the correct form and technique of sport specific exercises (including Olympic lifting, speed and agility work, plyometrics and resistance training) in all body regions
• Demonstrate the ability to develop short and long term exercise programs for one’s self and others with specific needs
• Demonstrate an understanding of how training relates to health benefits and fitness gains in the process of living a healthy lifestyle

II. COURSE OUTLINE

<table>
<thead>
<tr>
<th>Wk</th>
<th>Topic</th>
<th>Readings</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction to Strength &amp; Conditioning</td>
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<tr>
<td>2</td>
<td>Warm Up &amp; Stretching LAB – Warm Up Drills</td>
<td>Chapter 16</td>
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<tr>
<td>3</td>
<td>Resistance Training – Exercise Prescription LAB – Resistance Training Exercises</td>
<td>Chapter 18</td>
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<tr>
<td>4</td>
<td>Resistance Training – Exercise Prescription Spotting Techniques</td>
<td>Chapter 18 Chapter 17</td>
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<tr>
<td>5</td>
<td>Plyometrics Power Speed Agility LAB – Resistance Training Exercises</td>
<td>Chapter 19 and 20</td>
</tr>
<tr>
<td>6</td>
<td>Aerobic Training – Exercise Prescription LAB – Plyometric, Speed, &amp; Agility Drills</td>
<td>Chapter 21</td>
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<td>7</td>
<td>Periodization – Building a Program LAB – Plyometric, Speed, &amp; Agility Drills</td>
<td>Chapter 22</td>
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<tr>
<td>8</td>
<td>Exam # 1 Cardiovascular Physiology – Adaptations to Exercise</td>
<td>Chapter 7</td>
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</tbody>
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### III. GRADING POLICY

All grading is in accordance to the MWCC policy as found in the current MWCC catalogue.

A Standard letter grade is given based on the following:
- 2 written exams [100 points each]
- 1 practical exam [100 points]
- Program design [25 points each, totaling 50 points]
- Journal Review [50 points]
- Total - 400 points
• Grading:
  A  93 – 100  C  73 – 76
  A-  90 – 92   C-  70 – 72
  B+  87 – 89  D+  67 – 69
  B  83 – 86  D  63 – 66
  B-  80 – 82   D-  60 – 62
  C+  77 – 79   F  59 or less

IV. ASSESSMENTS

• 2 Written Exams (midterm and final)
  o Questions will be on the material covered prior to exam as listed in the course outline. No accumulative exams will be given.
  o Combination of multiple choice, short answer, and true or false, and open response questions
  o A full class period will be given to complete the exam.
• 1 Practical Exam on exercises performed during lab demonstrations
• Journal review paper [2 pages] referencing peer reviewed journals [works cited page required]—topics of journal articles must be relevant to course topics and approved by course instructor
• Self and client programs—each student will develop and submit in writing two exercise programs, one for their personal use and a second for a “client” to be approved by the course instructor

V. WITHDRAWAL POLICY

A student may formally withdraw from a course through the end of the ninth (9th) week of a full semester or fourth (4th) week of a cycle. A grade of “W” will be recorded on the student’s transcript. Students are required to speak to their instructor or assigned advisor before withdrawing from any course. The procedure for course withdrawal includes getting the proper form from the Enrollment Center in Gardner or from the receptionist at our branch campuses (Leominster, Devens, and Burbank), bringing the form to their instructor or assigned advisor, and returning the signed form to the Enrollment Center or branch campus. Please be advised that ceasing to attend a class may result in an instructor initiating the withdrawal from a class prior to the end of the 9th/4th week. Course withdrawals will not be processed after the 9th/4th week of classes. If the student stops attending after the ninth 9th/4th week of class, the student will receive an F grade. F’s are averaged into the G.P.A. for all students. Any withdrawal may affect progress toward degree and future eligibility for financial aid. Contact the Record’s Office for information on your student records. A student who wishes to withdraw from a course may do so by obtaining a Special Action Request Form from the Registrar’s Office or the Administrative Office. The student then must obtain the instructor’s and the advisor’s signatures. When all the signatures are obtained the student then must return the form to the Registrar’s or the Administrative Office for official approval. The student will receive a “W” for the course.

VI. ATTENDANCE
All students are expected to attend all classes. Excused absences will be granted at the discretion of the instructor and the students are encouraged to consult with their instructor concerning any absences.

**VII. MEDICAL EXAMINATIONS**

All students enrolled in the EXS course are required to have a current Medical Examination. Medical Examination forms are available at the College Health Center. If a special program is required, a physician’s recommendation as to your activity level will be requested.

**VIII. SEXUAL HARRASMENT POLICY**

There will be times during the semester that the instructor will make physical contact with the student. If any student is uncomfortable with this, please notify the instructor prior to the lab and an alternative method will be utilized.

**IX. STATEMENT ON DISABILITIES**

If a student has a disability, a medical, emotional, physical issue which might impact the student’s performance, please consult with the instructor in privacy so that the instructor can provide the required and appropriate accommodations. It is beneficial if the disclosure is done early in the cycle/semester. This includes brain injury, attention deficit disorder (ADD), epilepsy, diabetes, visual or hearing impairments, etc. Including the instructor, the following people whom you can see for support are:

Students with documented disabilities who believe that they may need accommodations in this class are encouraged to contact the Counselor for Students with Disabilities at the main Campus. To speak with the Counselor for day students, call (978) 630-9120. Please contact them as soon as possible to ensure that such accommodations are implemented in a timely fashion.

**X. NOTICE OF NON-DISCRIMINATION**

Mount Wachusett Community College is an affirmative action/equal opportunity employer and does not discriminate on the basis of race, color, religious creed, age, physical or mental disability, sex, national origin or ancestry, marital status, sexual orientation, genetic information or veteran status. This policy incorporates by reference and where applicable, the requirements of Federal Executive Orders 11246 and 11375 as amended; the Civil Rights Act of 1964 as amended; the Civil Rights Restoration Act of 1988; the Civil Rights Act of 1991; Title IX of the Higher Education Amendments of 1972 as amended; Sections 503 and 504 of the Rehabilitation Act of 1973; the Americans with Disabilities Act of 1990; Section 402 of the Vietnam Era Veterans Readjustment Assistance Act of 1974; and pertinent laws, regulations and executive orders; directives of the Board of Higher Education, the Boards of Trustees of the Community Colleges and the Commonwealth of Massachusetts, and other applicable local, state and federal statutes.

The following persons have been designated for inquiries regarding non-discrimination programs and policies:

Diane M. Ruksnaitis, Vice President of Human Resources/Affirmative Action Officer, room 109, (978) 630-9160.

Donna Thibault, Disabilities Coordinator, 504 Coordinator, room 135, (978) 630-9120; TTY: (978) 632-4916.
XI. STUDENT RESPONSIBILITIES

Freedom to teach and freedom to learn are inseparable components in the academic community. Always respect one another and use common curtsey in the classroom.

- Turn off all electronics
- Raise your hand during lecture prior to answers or for any comments
- Let everyone have an equal opportunity to learn
- Bottom line is respect myself and your class members

XII. THE INSTRUCTOR’S RIGHTS

The instructor reserves the right to make changes to the syllabus as needed.