



South Central College

## HHP 123 Topics in Strength Training

### Common Course Outline

#### Course Information

<b>Description</b>	Students will participate in a variety of strength training fitness activities that promote improved muscular endurance and strength in major muscle groups. Topics may include but are not limited to the use of resistance bands, free weights, weighted bars, body weight and/or a combination of these activities. Students will earn the basic concepts related to fitness and health, and particularly those related to safe and effective resistance training. Students will be able to recognize behaviors that lead to a healthy lifestyle and prevent disease, illness and disability. Students will monitor and track their own muscular endurance and strength fitness level. Students will incorporate a sense of appreciation for and a commitment to fitness and wellness in everyday life and create a personalized plan of action for continuing behaviors that promote a healthy lifestyle. This course may be repeated for credit. (Prerequisites - none; MNTC-does not count)
<b>Total Credits</b>	1
<b>Total Hours</b>	32

#### Types of Instruction

Instruction Type	Credits/Hours
lab	1 credit / 32 hours

#### Course Competencies

**1. Improve muscular strength and endurance.**

**Learning Objectives**

Accurately identify major muscle groups and their joint actions.  
Assess muscular strength and endurance levels and track progress and improvement using standardized fitness assessments.  
Understand the basic physiology of muscular strength and endurance development.  
Understand the body adaptation and change following a muscular strength or endurance program.  
Understand the safety issues associated with developing and participating in an exercise program including the importance of warm-up, cool-down, the rest needed between sets and between workouts.  
Demonstrate proper exercise and spotting techniques.

**2. Understand the link between improved fitness and the risk of disease, illness and disability.**

**Learning Objectives**

Identify fitness activities that are beneficial to muscular strength and endurance.  
Identify a number of behaviors that increase the risk for lifestyle related disease, describe how these behaviors affect health and fitness.  
Suggest lifestyle behavior modifications that would reduce the risk for lifestyle related diseases.

**3. Examine personal behaviors and communicate an awareness of the benefits of resistance training.**

**Learning Objectives**

Describe the benefits of resistance training on health and fitness.

Recognize and name resistance training fitness activities.

Monitor changes in muscular strength and endurance through standardized fitness assessments.

Recognize behaviors that increase the risk for lifestyle related disease, evaluate what motivates those behavioral decisions, suggest modifications in behavior to reduce the risk of lifestyle related disease.

Create a personalized plan of action and set goals to continue to engage in fitness activities.

Incorporate a sense of appreciation for and a commitment to fitness and wellness in everyday life.