

ARIZONA WESTERN COLLEGE
SYLLABUS

EXW 216 INSTRUCTIONAL COMPETENCY-MUSCULAR STRENGTH AND CONDITIONING

Credit Hours: 3 Lec 2 Lab 2

PREREQUISITE: EXW 101

COURSE DESCRIPTION

Fundamental methods of instructing and leading fitness activities including strength and conditioning activities.

1. COURSE GOAL

Leading fitness activities within the strength and conditioning component of fitness.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 Screening and classify participants prior to exercise participation, based upon American College of Sports Medicine (ACSM) guidelines.
- 2.2 Describe the benefits and specific exercises composing a proper warm-up and cool-down relative to a variety of physical activities.
- 2.3 Describe anatomical and physiological characteristics relative to strength and conditioning
- 2.4 Demonstrate the proper technique for a variety of generally safe and effective exercises to enhance muscular strength, power, and endurance in the general population.
- 2.5 Demonstrate techniques that help to prevent musculoskeletal injuries.
- 2.6 Differentiate between appropriate and contraindicated muscular strength and endurance exercises for the majority of apparently healthy adult populations.
- 2.7 Develop safe and effective strength and conditioning programs for individuals of varying physical abilities and needs
- 2.8 Develop strength and conditioning programs for symptomatic adults and other special needs populations.
- 2.9 Demonstrate the techniques and skills critical to effective and motivating instruction for individuals and groups.
- 2.10 Explain the most recent National Strength and Conditioning Association (NSCA) and American College of Sports Medicine (ACSM) recommendations for the quantity and quality of exercise for developing muscular fitness in healthy adults.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Presentations
- 3.3 Discussions

4. LEARNING ACTIVITIES

- 4.1 Discussions
- 4.2 Presentations
- 4.3 Demonstrations

5. EVALUATION

- 5.1 Quizzes/Exams
- 5.2 Assignments
- 5.3 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or loose-leaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.
For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
 - Submitting an academic assignment
 - Taking an exam, an interactive tutorial or computer-assisted instruction

- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course