# KIN 320 Resistance Training (Fall 2018)

## Rick Armstrong, Kinesiology

## Course Background

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KIN 320 Resistance Training

### Course Goals
- To understand underlying physiological basis for the design of resistance training programs.
- Students will understand functional anatomy and biomechanical principles as they relate to resistance training.
- To learn information necessary to become a certified personal trainer by the National Strength and Conditioning Association and/or the American College of Sports Medicine.

### Student Learning Outcomes
Upon successful completion of this course, each student will be able to:
- Explain the physiological adaptations to resistance training.
- Design, implement, and evaluate resistance training programs for developing muscular strength, muscular endurance, and power.
- Design, implement, and evaluate resistance training programs for apparently healthy adults, adolescents, seniors, and those individuals with certain chronic conditions.
- Teach the proper execution of resistance training and flexibility exercises.
- Students will understand functional anatomy and biomechanical principles as they relate to resistance training.
- Explain the basic principles of specificity, overload, and progression as they apply to resistance exercises and program design.

## Course Changes

### Course Change:
As part of the Blended Learning Initiative I was able to complete the course this spring and look forward to bringing KIN 320 to a blended platform for the fall

- Addition of content for the blended learning class includes forum discussions and questions, updated resources, anatomy and biomechanics review module, exercise technique videos, and online lectures for specific topics.

- Lectures: Biomechanics, Resistance training adaptations, Resistance training exercise techniques, Resistance training program design.

- In-class activities: Resistance training exercise techniques, Body weight training, selectorized machine training, free weight training.

- These changes were made to benefit the students’ online learning experience and to help with creating a proper transition to the in-class learning activities.

- The hope is to have the students benefit by being able to learn at their own pace and be self-directed, and then to have a dedicated hands-on activity and applied resistance training techniques in the lab during the face to face meeting times.

## Health Fitness Lab