

## **FITN 245 – Principles and Techniques of Resistance Training**

### **Student Learning Outcomes**

1. Identify and describe the general resistance training principles, specificity of training, SAID principle, progressive overload, variation in training, and prioritization of training.
2. Describe the types of resistance training modalities and apply those modalities to ones' needs by assessment.
3. Identify the differences between variable-resistance devices, dynamic constant external resistance devices (DCER), and static resistance devices.
4. Compare and analyze the acute program variables of resistive exercises, choice of exercise, order of exercise, resistance and repetitions used, Number of sets for each exercise, Duration of rest period between sets and exercise
5. Demonstrate proper spotting technique for various exercises.
6. Analyze and evaluate exercise technique is done incorrectly or if they break form.
7. Apply body mechanics of various exercises stressing proper form on machines, free weights, tubes, balls, etc.
8. Assess how to position clients for the exercise to get the proper anatomical positioning throughout the exercise.

### **Assessment**

1. Hands on practical exams with resistance exercise and technique. The assignments include demonstration of proper technique, spotting and modification of an exercise using free weights, machines, tubes, balls, etc.
2. Midterm: written exam on all material covered first half of semester
3. Final Exam: written and practical exam on all course objectives. The final includes case studies and development of resistance exercise program.