

PE-27 Power Weightlifting

Course Information

- Semester and Year: Fall 2026
- Course ID and Section number: PE-27-E1435-2026F Power Weightlifting
- Instructor's name: Konrad Kisch
- Day and time of required meetings: Tuesday/Thursday 5:15pm-6:40pm
- Location: Fieldhouse Room 106 (Weight Room)
- Course units: 1.00

Instructor Contact Information

- Office hours: By appointment via Zoom
- Email (Preferred): Konrad-Kisch@redwoods.edu
- Phone: 612-749-3547

Required Materials:

- Athletic clothing and shoes
- Water bottle
- Writing Utensil

Recommended Materials:

- Folder
- Notebook

Catalog Description

A course designed to introduce the advanced application of resistance in the form of free-weight lifting techniques, platform lifts, and body resistance exercises. Training programs will be adapted to individual's weight training level.

Course Student Learning Outcomes

- Safely demonstrate proper advanced weightlifting techniques using free weights and Olympic platforms.
- Construct and record a progression program that adheres to sound principles of weightlifting.
- Identify the basic concepts and terms of advanced weightlifting.

Course Calendar

- Tuesday and Thursday from 5:15pm-6:40pm
- Class will meet in the College of the Redwoods weightroom (FH or Fieldhouse 106)

Each week of class will have a category of focus, each category will consist of skill instruction/demonstration, technique building exercises, and explanation of application into real world resistance training programs. These are subject to change at the instructor's discretion to fit student learning needs. Students will also have lifts to complete as part of the class each week in addition to the weekly area of focus, students will be provided with 3 lifting blocks over the course of the semester: On-Ramping, Hypertrophy, and Strength/Power building. Lifting programs will be modified with exercises either being modified, added, or removed to best fit individual student needs and abilities.

Unit 1- Safety, Etiquette, Basic Movement Mastery, and On Ramping Phase (Weeks 1-4)

- Week 1 - Weightroom Safety and Etiquette
- Week 2 - Squat
- Week 3 - Hinge
- Week 4 - Press

Unit 2- Basic Lift Testing, Compound/Super/Drop Sets, and Hypertrophy Phase (Weeks 5-10)

- Week 5 - 3 Rep Max Testing- Squat, Bench, Deadlift
- Week 6 - Compound and Super Sets
- Week 7 - Drop Sets
- Week 8 - Compound Lift Variations and Eccentric Loading
- Week 9 - Progressive Overload Planning and Tracking
- Week 10 - Advanced Warm Up and Recovery Techniques

Unit 3- Introduction to Advanced Lifts, Program Variation, and Strength/Power Building Phase (Weeks 11-16)

- Week 11 - Olympic Style Lifting Introduction
- Week 12 - Progression of Olympic Style Lifting
- Week 13 - Deloading and Chronic Fatigue Management
- 11/23 -11/27 No class (Fall Break)
- Week 14 - Competition Prep Management
- Week 15 - Final Lift Testing
- Week 16 - Open Lift and Final Reflection

Weightroom Use and Access

The College of the Redwoods Athletic Weightroom is a shared space with other members of our student population. While enrolled in this course you will have access to the weightroom during the designated course time. Other students may be making use of the weightroom at the same time who are not members of the course. It is the discretion of the instructor to allow or disallow students not enrolled in the course use of the weightroom during the designated class time. The instructor will ensure that enrolled students are provided adequate access to required resistance training equipment and have a safe environment to complete course activities.

Evaluation and Grading Policy

The grading for this course will be broken into 3 categories:

- Class Participation/Attendance (80%)
- Mid Term Discussion (10%)
- Final Essay (10%)

Students who miss a class session will have the opportunity to make up some of the missed participation points with an alternative assignment as determined by the instructor. A maximum of 80% of the missed participation points can be earned from the alternative assignment. It is the responsibility of the student to reach out to the instructor after an absence to receive the alternative assignment.

Grading for all assignments will be based off effort and participation. Quizzes will be open for unlimited attempts as they are designed to be more of a learning tool for the student.

The grading scale is as follows

- **A** 100% to 94%
- **A-** < 94% to 90%
- **B+** < 90% to 87%
- **B** < 87% to 84%
- **B-** < 84% to 80%
- **C+** < 80% to 77%
- **C** < 77% to 74%

- **C-** < 74% to 70%
- **D+** < 70% to 67%
- **D** < 67% to 64%
- **D-** < 64% to 61%
- **F** < 61%

Prerequisites/corequisites/ recommended preparation

None

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280

Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2025-2026 College Catalog](#) and [CR Board and Administrative Policies](#).

AI Use Policy

The use of AI generated content for any written assignment or discussion in this course is strictly prohibited. All written content assigned in this course is designed for the student to express reflections and further their understanding of their experiences and knowledge of the game of Tennis. There will be no wrong answers, these assignments will be graded on effort and willingness to learn. The use of AI generated content to complete these assignments will result in an automatic zero being given on the assignment, with no opportunity to make up the points.