



KINE 151 - Weight Training Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616687

Discipline(s) Coaching
Health
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 151

Course Title Weight Training

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed to provide a meaningful understanding of the purpose of weight training, to enable individuals to evaluate their own level of muscular fitness, and to design and engage in personalized training programs using the components of muscular strength, muscular endurance, and joint flexibility that can be beneficial throughout life.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will apply and demonstrate basic weight training techniques and styles.
- B. Students will describe and safely apply lifts for specific muscle groups.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Develop an understanding of basic muscular strength and endurance
- B. Perform basic weight lifting exercises
- C. Understand safe and poor techniques in basic weight lifting exercises
- D. Develop an understanding in preventing injury
- E. Identify the weight lifting exercises for the major muscle groups of the body
- F. Improve general body strength and muscular endurance
- G. Increase strength, power and tones of muscles
- H. Increase flexibility, balance, coordination, and body control
- I. Demonstrate safe and proper weight lifting form
- J. Evaluate own level of muscular fitness, and design and engage in personalized training program
- K. Demonstrate the proper execution of various lifting exercises
- L.

3. Course Content

- A. Weight training - History and current application
- B. Equipment
- C. Myths and facts about weight training
- D. Scientific principles
- E. Stretching and avoiding injury
- F. Basic fundamentals

- G. Free weight lifts
- H. Universal machines
- I. Advanced application
- J. Muscles of the body
- K.

4. Methods of Instruction:

Activity: Lecture, demonstration of skills and proper execution of exercises.

Critique: Review student performance and provide feedback to student to ensure proper skills are achieved.

Discussion: Discussion of basic principles of weight training.

Individualized Instruction: Instructor will teach, guide and assist each student to achieve proper form in the various exercises.

Lab: Perform various strength test to establish a strength baseline.

Lecture: Based on the principles, concepts and guidelines for weight training.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Quiz: Objective format, multiple choice or True/False

Portfolios -- Record and maintain daily workout journal

Papers -- Term Paper(s) based on major course content topics

Class Participation -- Student must participate in daily required activities such as core development and flexibility exercises.

Class Work -- Complete required daily workout program and participate in multiple strength testing.

Home Work -- Read and write an essay about a pertinent topic(s) from the course contents.

Lab Activities -- Perform a strength test to establish strength baseline for major muscle groups.

Final Exam -- Test: Objective format, true/false, multiple choice and written essays.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Example: from Weight Training, steps to success, step 1- understanding the Basics of Lifting and Training, step 2- selecting Exercises and Setting Training loads.

B. Writing Assignments

Students have required readings and must keep written workout log.

Students will be required to read text outside of LAB in order to successfully pass the exams.(ex. nutrition and cardiovascular fitness)

C. Other Assignments

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7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Thomas Baechle & Roger Earle

Title: Weight Training Steps to Success

Publisher: Human Kinetics

Date of Publication: 2014

Edition: 4th

B. Other required materials/supplies.