KINE 151C - Olympic Weight Training Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616689
Discipline(s)	Coaching Health Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	151C
Course Title	Olympic 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. Adding recommended prep.
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 an understanding of basic lift mechanics and considerations for ensuring proper preparations to perform Olympic lifts.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 151 with a minimum grade of C or better or
- KINE 151B with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will learn and perform all of the major Olympic lifts.
B. Students will be able to identify the terminology used in Olympic lifting.

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

A. Identify the terminology used in Olympic lifting.
B. Develop strength, speed, power, endurance, stamina and flexibility needed for Olympic lifting.
C. Understand anatomy, bio-mechanics and physiology as applied to Olympic lifting.
D. Demonstrate all Olympic lifts.
E. Demonstrate how to safely lift in Olympic style.
F.

3. Course Content

A. Anatomy, physiology and bio-mechanics as applied to Olympic lifting
B. Progression exercises
C. Squat-back, front, overhead
D. Hang power clean
E. Power clean
F. Push press power jerk
G. Split jerk hang power snatch
H. Clean
I. Snatch
J. Lowering barbell
K. Evaluation of technique
L. Warm up exercises
M. Nutrition

N. Olympic lifting as a lifetime activity
O. Proper terminology
P.

4. Methods of Instruction:

Activity: completed progressive exercises and lifts
Lecture: complete analysis of Olympic lifts
Projects: individual filming of performance of Olympic lifts

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 -- short essay: outline the progression needed to develop a competitive power clean, squat and hang clean
Portfolios -- film analysis of individual lifting of Olympic lifts
Class Work -- In depth analysis of varied Olympic lifts
Class Performance -- film analysis of style and technique needed for Olympic lifting

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
1.Students will be required to read assigned chapters in text.

2.Students will be required to read classroom handouts on nutrition and terminology.

B. Writing Assignments
1.Students will be required to answer short essay questions. For example, students will be required to provide written analysis of Olympic lift progressions.

2.Students will also be required to maintain record keeping of daily workouts.

C. Other Assignments
1.Students will be required to film and provide analysis of Olympic lifts.

7. Required Materials

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

Book #1:

Author:	Everett, G
Title:	Olympic Weightlifting: A Complete Guide for Athletes & Coaches
Publisher:	Catalyst Athletics
Date of Publication:	2016
Edition:	3rd

B. Other required materials/supplies.