KINE 096: WEIGHT TRAINING

Originator
mdillon

Justification / Rationale
This course will change from lecture and lab to all lab.

Effective Term
Fall 2020

Credit Status
Credit - Degree Applicable

Subject
KINE - Kinesiology

Course Number
096

Full Course Title
Weight Training

Short Title
WEIGHT TRAINING

Discipline

Disciplines List
Kinesiology

Modality
Face-to-Face

Catalog Description
This course provides practical application of kinetic strength training principles for the beginner, intermediate, and advanced participant. Physical development and improvement are attained through the use of resistance machinery, free weight apparatus and other selected physical conditioning methods.

Schedule Description
Strength development utilizing resistance equipment.

Lecture Units
0

Lab Units
1.0

Lab Semester Hours
54

In-class Hours
54

Out-of-class Hours
0

Total Course Units
1

Total Semester Hours
54

Required Text and Other Instructional Materials

Resource Type

Web/Other

Description

Handouts

Class Size Maximum

35

Course Content

1. Basic human anatomy and applied terminology
2. Kinesiology and muscular movement application
3. Program design and muscular working order
4. Rest, nutrition, and supplements
5. Individual program design
6. Cardiorespiratory design
7. Flexibility design
8. Muscular strength and endurance creative program design

Lab Content

1. Diverse styles of strength training programs to include the following; Body weight, resistance machines, free weight and pulley system.
2. Warm-up, flexibility, and stretching guidelines and procedures.
3. Weight room etiquette, safety, and liability.
4. Training intensity levels for desired results.
5. Diverse strength training programming for varying levels of students and outcomes.

Course Objectives

	Objectives
Objective 1	Demonstrate an understanding of basic anatomical terminology.
Objective 2	Comprehend specific functional capacities of resistance machinery, free weights, and cardiovascular conditioning machinery.
Objective 3	Identify and associate machine, body weight, free weights or pulley system with muscular development.
Objective 4	Design and implement a functional and systematic weight training program based upon kinetic muscular working order, efficiency and strength, and conditioning principles.
Objective 5	Execute appropriate warm-up, flexibility, and stretching procedures involving the use of resistance and free weight machinery and cardiorespiratory training and conditioning machinery.
Objective 6	Demonstrate an understanding of weight room etiquette, safety and liability guidelines and procedures.
Objective 7	Demonstrate proper lifting techniques for diverse styles of weight training to include: resistance machinery, body weight, free weight, and pulley system machinery.
Objective 8	Demonstrate and differentiate between cardiovascular, anaerobic, aerobic, and fat metabolism principles of conditioning.
Objective 9	Demonstrate an improved total physical fitness level.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Students will improve their physical strength.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Structured workouts to improve strength.
Observation	Instructor-lead demonstration on proper lifting techniques to avoid injury and maximize muscle recruitment.
Lecture	Discuss on the physiologic benefits of strength training and how different techniques influence strength gains.
Self-exploration	Create strength goals and reflect on these in a physical fitness journal.
Discussion	Identify the purpose and value of various styles/techniques of weight training.
Demonstration, Repetition/Practice	Work with classmates and perform proper lifting techniques and spotting.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Student participation/contribution	Maintain physical fitness journals on their strength goals and their progress.	In Class Only
Computational/problem-solving evaluations	Calculate the Karvonen formula for heart rate, perform a flexibility analysis, determine BMI scores and girth measurements.	In Class Only
Field/physical activity observations	Perform a biomechanical analysis of basic strength exercises with partners.	In Class Only
Laboratory projects	Perform baseline muscular strength and muscular endurance tests.	In Class Only
Student participation/contribution	Perform various strength tests and measure for girth improvements periodically through the semester.	In Class Only
Tests/Quizzes/Examinations	Write article critiques and discussion threads on various styles of strength training. Perform a pre-test and a post-test to demonstrate strength improvements.	In Class Only

Assignments

Other In-class Assignments

1. Skill practice.
2. Personal reflection of performance and progress.

Other Out-of-class Assignments

1. Reading assignments, article critiques and discussion threads.
2. Written analysis and personal reflection of performance and progress.

Grade Methods

Letter Grade Only

MIS Course Data

CIP Code

31.0501 - Health and Physical Education/Fitness, General.

TOP Code

083500 - Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status
Not Basic Skills

Prior College Level
Not applicable

Cooperative Work Experience
Not a Coop Course

Course Classification Status
Credit Course

Approved Special Class
Not special class

Noncredit Category
Not Applicable, Credit Course

Funding Agency Category
Not Applicable

Program Status
Program Applicable

Transfer Status
Transfer CSU, limited UC

Allow Audit
No

Repeatability
No

Materials Fee
No

Additional Fees?
No

Approvals

Curriculum Committee Approval Date
11/21/2019

Academic Senate Approval Date
12/12/2019

Board of Trustees Approval Date
1/17/2020

Chancellor's Office Approval Date
1/18/2020

Course Control Number
CCC000302672

Programs referencing this course
Kinesiology AA-T Degree (http://catalog.collegeofthedesert.eduundefined?key=8/)
Personal Trainer Certificate of Achievement (http://catalog.collegeofthedesert.eduundefined?key=80/)