

Course Outline of Record

- 1. Course Code: KINE-096
- 2. a. Long Course Title: Weight Training
b. Short Course Title: WEIGHT TRAINING
- 3. a. Catalog Course 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.
b. Class Schedule Course Description:
Strength development utilizing resistance equipment
c. Semester Cycle (if applicable): Spring Semester
d. Name of Approved Program(s):
- 4. Total Units: 1.00 Total Semester Hrs: 36.00
Lecture Units: 0.5 Semester Lecture Hrs: 9.00
Lab Units: 0.5 Semester Lab Hrs: 27.00
Class Size Maximum: 35 Allow Audit: No
Repeatability No Repeats Allowed
Justification 0
- 5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
- 6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
- 7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

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

Lab: (if the "Lab Hours" is greater than zero this is required)

- a. Resistance machinery design and application.
- b. Warm-up, flexibility, and stretching guidelines and procedures.
- c. Weight room etiquette, safety, and liability
- d. Strength training and aerobic conditioning efficiency.
- e. Training intensity levels for desired results.

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9. Course Student Learning Outcomes:

1.

Design and implement a functional and systematic weight training program while demonstrating proper lifting techniques.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate an understanding of basic anatomical terminology.
- b. Comprehend specific functional capacities of resistance machinery, free weights, and cardiovascular conditioning machinery.
- c. Identify and associate machinery with muscular movement.
- d. Design and implement a functional and systematic weight training program based upon kinetic muscular working order, efficiency and strength, and conditioning principles.
- e. Execute appropriate warm-up, flexibility, and stretching procedures involving the use of resistance and free weight machinery and cardiovascular training and conditioning machinery.
- f. Demonstrate an understanding of weight room etiquette, safety and liability guidelines and procedures.
- g. Demonstrate proper lifting techniques for all resistance weight training machinery.
- h. Demonstrate and differentiate between cardiovascular, anaerobic, aerobic, and fat metabolism principles of conditioning.
- i. Demonstrate an improved total physical fitness level.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Lecture
- f. Observation
- g. Participation

Other Methods:

Guest speakers. Student reports. Audio/visual presentations.

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Skill practice.
 2. Additional conditioning.
- Written analysis of performance and progress.

b. Out-of-class Assignments

- Reading assignments.
- Written analysis of performance and progress.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Term or research papers
- Laboratory projects
- Field/physical activity observations
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- Student participation/contribution
- Student preparation

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14. Methods of Evaluating: Additional Assessment Information:

- a. Completing essay assignment
- b. Demonstrating proficiency in skill sets
- c. Improvement in performance as defined by baseline measures against post testing
- d. Extent to which individual goals are met

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Update SLO's

- 20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
- b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000302672
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: *N/A*
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): *N/A*

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 600

Third Year: 600

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes

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b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Courtney Doussett Origination Date 04/26/17