KIN A106: WEIGHT TRAINING LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

The student will learn the basic principles of weight training and exercises and be able to demonstrate proper biomechanics of weight training exercises. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Create a personalized workout program targeting major muscle group enhancement.
2. Demonstrate physiologically sound weight lifting skills and technique necessary for successful neuromuscular training.
3. Monitor the success of their individual workout through journaling every exercise to obtain immediate and long-term records of their progress.

Course Objectives

- 1. Create a beginning strength conditioning program following accepts principles for novice participants.
- 2. Differentiate between muscle strength, muscle building, muscular endurance and core strength.
- 3. Increase neuro muscular fitness.
- 4. Demonstrate the skills and techniques necessary for successful neuro-muscular training.
- 5. List alternative training options to weight lifting for specific muscle group development as presented in lectures.

Lecture Content

How to begin a weight training program. Full body program to set a base for catalyst fat substrate loss increase in strength muscular endurance. Beginning program characteristics The need to stay with light weights/high reps for two weeks to increase muscle fibre recruitment, circulation, basal metabolic increase prevent injury. Exercise variations to add to the basic starting program. Design for specific needs and desires of each individual. Beginning exercises for quad and glutes Beginningexercises for calves and hamstrings Beginning exercises for chest (pecs) Beginning exercises for upper back (lats, erectors, rotators) Beginning exercises for abdominals Beginning exercises for lower back Beginning exercises for shoulders Beginning exercises for triceps Beginning exercises for biceps Beginning exercises for necks, traps Specialized systems modified double Progressive weight training System for strength How to recognize over-training and what to do to control it. Various weight training systems/programs - PHA, Circuit Training, Pyramid Training Putting it all together - How to continue on a good program.

Lab Content

Activity: Start the program, making sure weight is light enough, repetitions are high enough, bio-mechanics are right and specific exercises are eliminated or used depending on specific physical limitations of each student (i.e. injury, weakness, durability). Activity: Take the first of three body composition tests. Activity: Body composition test #2; Individual weight training

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture; demonstration of technique; instructor feedback

Reading Assignments

Students will spend 1 hour a week reading articles and handouts provided by the instructor.

Writing Assignments

Students will complete journals to document their workout progress. This will include a reflection component.

Out-of-class Assignments

Students will spend 2 - 4 hours a week practicing and studying weight training form and technique

Demonstration of Critical Thinking

Short Quizzes, Skill Demonstation, weight training program development

Required Writing, Problem Solving, Skills Demonstration

Short Quizzes, Skill Demonstation, weight training program development

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Handouts to be provided and distributed by the instructor.