

KIN A118: STRENGTH AND CONDITIONING LEVEL 2

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-3 Total Units
Hours	28-172 Total Hours (Lecture Hours 5-32; Lab Hours 13-76; Other Hours 10-64)
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	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

This course is designed to help students develop their physical strength through weight lifting. Students practice advancing methods and techniques of weight lifting and develop an individual program to improve their strength. 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. Understand the ability to lift properly according to weight training theory and technique practices.
2. Identify muscles and measures used in conditioning programs to plan an individual workout based on goals to improve strength, endurance, flexibility, and/ or power.
3. Design beginning stages of developing a strength training program that uses a variety of exercises and equipment appropriate for fitness, performance, and /or health.

Course Objectives

- 1. Learn how to design an individual quality strength program using a variety of exercises and equipment that incorporate the principles of weight training.
- 2. Demonstrate methods of proper techniques with a variety of strength training modalities.
- 3. Identify and apply proper safety techniques for equipment introduced to the intermediate student.
- 4. Identify the types of muscular strength and endurance lifts at an intermediate level.
- 5. Demonstrate knowledge of what body composition is and how to improve it with the use of strength training techniques learned.

- 6. Perform techniques and skills of strength training at an intermediate level moving from machine-based weight training to free weights.
- 7. Executing skills in strength training programing at an intermediate level to properly increase strength, power, and/or endurance.

Lecture Content

I. Introduction Policies and Procedures for level 2 Operation - Training schedule, homework, seminars for level 2 Orientation - Course description, fitness contracts, journals for level 2 Facility and equipment, lab layout, training modalities for level 2 students. Equipment and facility for level 2 students will vary from other level students Safety and technique for more advanced students. Review lab rules, regulations using equipment safely, lifting spotting fundamentals. Level 2 students will need need to have a more advanced understanding of lab rules and regulations. II. Principles of Muscular Training Programs Fitness components Muscular strength development for a more advanced student Muscular Endurance development for a more advanced student Flexibility development for students with increased muscle mass Body Composition guidelines and assemssment techniques III. Evaluation of Fitness Programs Evaluation of: Muscle Strength evaluation for a more advanced student Muscle Endurance evaluation for a more advanced student Flexibility evaluation for a more advanced student Body Composition evaluation for a more advanced student

Lab Content

Introduction of more advanced equipment to level 2 student Development of basic/more advanced personal program

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture: Provide informational base and give direction to program development process Seminar/discussions: Small group lessons and exercises Individual/small groups: Skills, fundamentals, technique demonstrations

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor provided handouts

Writing Assignments

Journals - written record of a training program Lab reports - written lab questionnaire Essay - summary of program methodology, procedural progress

Out-of-class Assignments

Students will spend approximately 2 - 4 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Essay - summary of program methodology, procedural progress

Required Writing, Problem Solving, Skills Demonstration

Journals - written record of training program
Lab reports - written lab
questionnaire
Essay - summary of program methodology, procedural progress

Eligible Disciplines

Kinesiology: Masters degree in kinesiology, 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. 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. Selected handout materials to be provided and distributed by the instructor.