

KINE-151B: INTERMEDIATE WEIGHT TRAINING

Effective Term

Fall 2020

BOT Approval

02/13/2020

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	Or

Subject Code

KINE - Kinesiology

Course Number

151B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Weight Training

Short Title

Int Weight Training

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE. Changing hours and units, no longer variable. Adding recommended prep.

SECTION B - Course Description
Catalog Course Description

The purpose of this course is to provide students with an intermediate level of muscular strength and fitness. Students will design and engage in intermediate level programs which apply the components of muscular strength, endurance and joint flexibility.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

Completion of KINE-151 with a minimum grade of C.

SECTION D - Course Standards**Is this course variable unit?**

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Student will explain how to develop a progressive program for intermediate level weight training by using free weight or weight machines.
2.	Student will select and execute intermediate exercises which target specific muscle groups.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Develop an understanding of intermediate level principles which develop muscular strength.
2.	Perform intermediate weightlifting exercises with proper form.
3.	Understand safe and poor techniques in intermediate weightlifting exercises.
4.	Understand how to avoid common injuries associated with intermediate weightlifting exercises.
5.	Identify the intermediate weightlifting exercises and the bone and muscular anatomy affected.

6. Intermediate students must demonstrate increased depth and breadth of muscular fitness, strength and program development.

Course Content

1. Weight Training Principles
 - a. Benefits of weight training
 - b. Improved health and self-image
 - c. Body's responses to weight training
 - d. Muscle structure and strength, the motor unit
 - e. Weight training and the strength of ligaments, tendons and bones
2. Structure of the intermediate Weight Training Program
 - a. Warm-up and cool down
 - b. Choosing the correct weight
 - c. Order of exercises
 - d. Sets and repetitions
 - e. Technique and form
 - f. Safety and preventing accidents
3. Proper Mechanics of Exercise
 - a. Lifting techniques
 - b. Breathing
 - c. Exercise movements
 - d. Grips
4. Development of the Major Muscle Groups:
 - a. Lower body
 - i. Exercises for the lower body
 - b. Chest
 - i. Exercises for the chest
 - c. Shoulders
 - i. Exercises for the shoulders
 - d. Back
 - i. Exercises for the back
 - e. Core
 - i. Exercises for the abdominal muscles/core
 - f. Arms
 - i. Exercises for the triceps, biceps and forearm's
5. Weight Lifting Techniques
 - a. Techniques for single, multijointed, and advanced lifts
 - b. Use of proper biomechanical techniques for safety concerns
6. Basic Nutritional Concepts
 - a. The role of exercise and nutrition
 - b. Planning a healthy diet
 - c. Diet and performance

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Perform a bench press using free weights.
Critique	Feedback to student on proper biomechanics while performing a bench press.
Discussion	Explanation of warm-up procedures before performing the bench press.
Individualized Instruction	Develop an individual weight lifting program.
Lab	Perform a one-rep maximum on the bench press.
Lecture	Development of the pectoral region using various weight lifting exercises.
Observation and Demonstration	Demonstrate the proper and safe execution of the bench press and how to properly spot for a partner.

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Quiz - Objective format, multiple choice and True/False Final Exam - Objective test format, True/False and Multiple Choice
Oral Presentations	Present two specific exercises for a specific muscle group
Simulation	Demonstration of proper biomechanics to execute specific exercise(s)
Other	Class Work - Complete required daily workout program and discuss proper lifting techniques.
Homework	Read and write an essay about a pertinent topic from the course content
Lab Activities	Perform a strength test to establish a strength baseline
Performances	Demonstration of proper techniques needed for strength program

Assignments**Reading Assignments**

Chapter assignments:

1. Learning how to select exercises and training loads
2. Selecting total body exercises and training loads Class handouts: Meal planning for a day Change my plate.

Writing Assignments

- 1 Students will be required to complete journals.
2. Students will be required to record workouts and to analyze programs.

Outside-of-Class Assignments

Students will be required to perform strength tests.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Gregory Huff

Title

Essentials of Strength and Conditioning

Edition/Version

4th

Publisher

Human Kinetics

Year

2015

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616688

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No