

KINE-151: 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

151

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Weight Training

Short Title

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.

SECTION B - Course Description
Catalog Course Description

This course is designed to provide a meaningful understanding of the purpose of weight training, to enable individuals to evaluate their own level of muscular fitness, and to design and engage in personalized training programs using the components of muscular strength, muscular endurance, and joint flexibility that can be beneficial throughout life.

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**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.	Students will apply and demonstrate basic weight training techniques and styles.
2.	Students will describe and safely apply lifts for specific muscle groups.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Develop an understanding of basic muscular strength and endurance
2.	Perform basic weightlifting exercises
3.	Understand safe and poor techniques in basic weightlifting exercises
4.	Develop an understanding in preventing injury
5.	Identify the weightlifting exercises for the major muscle groups of the body
6.	Improve general body strength and muscular endurance
7.	Increase strength, power and tones of muscles
8.	Increase flexibility, balance, coordination, and body control

9. Demonstrate safe and proper weightlifting form
10. Evaluate own level of muscular fitness, and design and engage in personalized training program
11. Demonstrate the proper execution of various lifting exercises

Course Content

1. Weight training - History and current application
2. Equipment
3. Myths and facts about weight training
4. Scientific principles
5. Stretching and avoiding injury
6. Basic fundamentals
7. Free weight lifts
8. Universal machines
9. Advanced application
10. Muscles of the body

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Lecture, demonstration of skills and proper execution of exercises.
Critique	Review student performance and provide feedback to student to ensure proper skills are achieved.
Discussion	Discussion of basic principles of weight training.
Individualized Instruction	Instructor will teach, guide and assist each student to achieve proper form in the various exercises.
Lab	Perform various strength test to establish a strength baseline.
Lecture	Based on the principles, concepts and guidelines for weight training.

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 or True/False Final Exam - Objective format, true/false, multiple choice and written essays.
Portfolios	Record and maintain daily workout journal
Essays/Papers	Term Paper(s) based on major course content topics
Class Participation	Student must participate in daily required activities such as core development and flexibility exercises.
Other	Class Work - Complete required daily workout program and participate in multiple strength testing.
Homework	Read and write an essay about a pertinent topic(s) from the course contents.
Lab Activities	Perform a strength test to establish strength baseline for major muscle groups.

Assignments

Reading Assignments

Example: from Weight Training, steps to success,
step 1- understanding the Basics of Lifting and Training,
step 2- selecting Exercises and Setting Training loads.

Writing Assignments

Students have required readings and must keep written workout log.

Students will be required to read text outside of LAB in order to successfully pass the exams (ex. nutrition and cardiovascular fitness).

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Thomas Baechle & Roger Earle

Title

Weight Training Steps to Success

Edition/Version

4th

Publisher

Human Kinetics

Year

2014

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616687

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