

KIN 0005A - WEIGHT TRAINING

Catalog Description

Formerly known as PHED 5A

Hours: 36 activity per unit

Description: Weight training as a lifetime fitness activity; progressive resistance exercises with free weights and weight machines to develop muscular strength and endurance. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Examine the various safety guidelines for weight training.
- CSLO #2: Evaluate the relationship between strength training and weight management.
- CSLO #3: Perform strength exercises for the upper body.
- CSLO #4: Construct a workout to gain strength and agility and that enhances weight management.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Compare and contrast the weight training technique used to develop the chest, back, shoulders, arms, abdominals and lower body when using machines versus free weights.
2. Identify the different muscles that the weight training exercise targets for all parts of the body.
3. Define each of the following terms: sets, repetitions, overload principle, muscular strength, muscular endurance, atrophy, hypertrophy.
4. Outline pre-test, post-test and Max test evaluations.
5. Construct an individual weight training program that corresponds to the goals that are set in the areas of strength and endurance weight training.
6. Explain the overload principle as it relates to weight training theory.
7. Demonstrate the proper spotting techniques used in partner weight lifting for the chest and back.
8. Identify the recommended levels of body fat for gender, age, frame size.
9. Design a nutritional eating program that reflects gender, age, body composition, weight management goals and muscular strength/endurance goals.
10. Explain how to adjust a weight training workout when the body adapts to the overload principle.

11. Demonstrate safety procedures when handling the weight training equipment.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Students will participate in a classroom discussion on proper spotting, lifting, pre-test, post-test, and VO2 Max testing techniques.
- Reports
 - Example: Students will give an oral report detailing a current event on trending weight training programs.
- Skill Demonstrations
 - Example: Students will accurately demonstrate three different weight training exercises to target the chest, hamstrings, and biceps.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will demonstrate showing the proper techniques used in spotting and weight training with current safety techniques implemented and discussed. Students will demonstrate proper technique.
2. Instructor will demonstrate proper handling of weight training equipment. Students will demonstrate proper handling of weight training equipment.

Distance Learning

1. The instructor will lecture on the proper spotting techniques used in weight lifting for the chest and back. The student will compare and contrast different techniques.

Typical Out of Class Assignments Reading Assignments

1. Students will read a periodical (written within the last 2 years) on current weight training techniques and be prepared to discuss. 2. Read a periodical (written within the last 2 years) on the benefits of exercise on stress management.

Writing, Problem Solving or Performance

1. Students will write a periodical review on spotting guidelines. 2. Design a weight training program for a student that targets their goals.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Practical Programming for Strength Training
 - Author: Mark Rippetoe & Andy Baker
 - Publisher: The Aasgaard Company
 - Publication Date: 2014
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.