KIN 0005C - WEIGHT TRAINING - ADVANCED

Catalog Description

Hours: 36 activity per unit
Description: Advanced instruction in weight lifting for physical fitness as well as Olympic weight lifting, power lifting, body building, and lifting for athletic competition. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Evaluate muscular strength, speed, and power using plyometrics and Olympic Lifting\\nperformance tests.
- CSLO #2: Explain principles and concepts of progressive resistance training at the advanced level\\nas it applies to their individual program.
- CSLO #3: Demonstrate proper technique of Olympic style lifts.
- CSLO #4: Identify and correct any errors concerning safety practices in all weight lifting techniques.
- CSLO #5: Design and implement a personalized strength training program.

Effective Term

Fall 2025

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Demonstrate advanced weight training principles and methodologies.
2. Apply advanced biomechanical concepts to optimize exercise performance.
3. Design and implement periodized advanced training programs for specific goals.
4. Analyze and critique research literature related to advanced weight training.
5. Demonstrate advanced weight training techniques.
6. Demonstrate proper safety and partner spotting techniques.
7. Develop strategies for injury prevention and rehabilitation in advanced weight training.

General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- 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: Through a robust in class discussion and presentation, students will list at least five different benefits to advanced Olympic style weight training and be evaluated on their knowledge displayed while presenting their findings.
- Reports
  - Example: Choose one of the following and write a one page essay: - The differences between Olympic lifting and circuit training. - How do you determine the order of exercises when designing a circuit training workout.
- Skill Demonstrations
  - Example: Students will accurately describe and demonstrate a combination of six different Olympic lifting exercises and plyometric exercises focusing on the lower & upper body.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will assign an article review pertaining to the pros and cons of Olympic powerlifting. After students complete the review, instructor will lead class discussion to review findings.
2. Instructor will demonstrate and lead the proper safety spotting techniques to be used during a Olympic style training workout followed by students getting into groups and applying these spotting safety techniques with their classmates.

Distance Learning

1. The instructor will lecture on advanced Olympic training exercise techniques. The students will create an advanced Olympic workout to share as an initial post on discussion board. Students will be required to comment on at least one of their classmates discussion board posts.

Typical Out of Class Assignments Reading Assignments

1. Read an article on advanced Olympic lifting training equipment and make a list of the top 10 pieces of equipment to purchase. 2. Read an article on the benefits of powerlifting workouts and be prepared to discuss the benefits in class.

Writing, Problem Solving or Performance

1. Compare and contrast neuromuscular adaptations in advanced Olympic training. 2. Design a 6 station circuit training workout focusing on 3 lower body and 3 upper body Olympic powerlifting workouts at a high intensity. 3. Research and verbally report on multiple abdominal exercises that the class has not covered.

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

Required Materials

- Science and Practice of Strength Training
  - Author: Vladimir Zatsiorsky, William Kraemer and William C. Fry
  - Publisher: Human Kinetics
  - Publication Date: 2021
  - Text Edition: 3rd
  - Classic Textbook?: Yes
  - OER Link:
  - OER:
- Essentials of Strength Training and Conditioning
  - Author: NSCA -National Strength & Conditioning Association. Editors: G. Gregory Haff and N. Travis Triplett
  - Publisher: Human Kinetics
  - Publication Date: June 21, 2021
  - Text Edition: 4th
  - Classic Textbook?: Yes
  - OER Link:
  - OER:

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