

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 23 - Weight Training I**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental techniques of weight training. Students will engage in individualized exercise programs with emphasis placed on the development of muscle strength, muscle endurance and flexibility. Instruction will include identification and proper technique for lifts specific to muscle groups to ensure safe fitness training.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. demonstrate the techniques of weight training specific to Bench Press, Squat, Pull ups, and Dead Lift.
- B. demonstrate proper safety techniques including spotting, racking weights, and selection of weights for an individual workout.
- C. demonstrate proper weight room etiquette as it applies to appropriate clothing, appropriate footwear, and the use of equipment.
- D. identify the benefits of weight training to promote life-long fitness.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

#### Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Introduction to Weight Room Machines and Free Weights	2.00
3. Safety Procedures and Proper Spotting Techniques	2.00
4. Discuss and Perform Different Types of Lifting Programs	4.00
5. Discuss and Demonstrate Over-Training and Over-Use	1.00
6. Individual Training Programs	4.00
7. Group Training Programs	3.00
Total Hours	17.00

#### Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	2.00
2. Introduction to Weight Room Machines and Free Weights	4.00
3. Safety Procedures and Proper Spotting Techniques	4.00
4. Discuss and Perform Different Types of Lifting Programs	8.00
5. Discuss and Demonstrate Over-Training and Over-Use	2.00

6. Individual Training Programs	8.00
7. Group Training Programs	6.00
Total Hours	34.00

#### IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

#### V. **METHODS OF EVALUATION**

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

#### VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read the handout on muscle anatomy and the physiological effects of weight training. Be prepared to discuss findings in class.
  - 2. Research an article about safety issues associated with weight training and present findings in a short write.
- B. Writing Assignments
  - 1. Write a 6 week individual workout plan that focuses on muscular strength, muscle endurance, or muscle tone.
  - 2. Maintain a semester long journal documenting your progress and fitness gains.
- C. Out-of-Class Assignments
  - 1. Visit a local health club observing the different workouts being performed by members along with the different equipment being used. Be prepared to demonstrate three new exercises observed.
  - 2. Interview a professional currently working in the fitness field to discuss current trends, educational background, and job opportunities. Report your interview results in a 1-page essay.

#### VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

##### Textbooks:

- A. Fleck, Steven and Kraemer, William. Designing Resistance Training Programs. 4th Edition. Human Kinetics, 2014.

##### Materials Other Than Textbooks:

- A. The student will be required to provide:
  - a. Athletic apparel b. Athletic shoes
- B. Other materials and/or equipment will be provided by the department.

**Created/Revised by:** Mario Vela  
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