

Las Positas College
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Course Outline for KIN WTW1
WOMEN'S WEIGHT TRAINING ONE
Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN WTW1 — WOMEN'S WEIGHT TRAINING ONE — 1.00 - 2.00 units

This specialized course will provide an orientation to the basic weight training machines available in gyms/clubs and proper gym etiquette, a study of the basic musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training, discuss how to maintain healthy body composition, and information on designing a weight training program to achieve attainable personal goals. Pre/Post Fitness Assessments will be conducted to establish a baseline of fitness and a measuring instrument for improvement toward weight training goals. Through proper education and implementation of sound weight training principles, the female student will be able to maintain a healthy lifestyle throughout various stages of life.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Physical Education

Family: Kinesiology Weight Training for Women

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate how to utilize the weight training equipment safely and proper gym etiquette
- B. Identify the basic musculoskeletal anatomical features of the human female body
- C. Describe the kinesiology movements of the female body
- D. Explain the fundamental tenets of the weight training prescription
- E. Discuss body composition, assessment, and data interpretation
- F. Articulate appropriate and achievable personal weight training goals
- G. Perform a personal assessment of physical conditioning/fitness and weight training program

V. CONTENT:

- A. Orientation to the Weight Training Gym
 1. The lay out of the Weight Training Gym and introduction to weight training machines/equipment
 2. Appropriate and proper gym etiquette
 3. Required gym attire and footwear
- B. Basic Female Musculoskeletal Anatomy/Kinesiology of Movement
 1. Prime Mover Muscles - Anterior and Posterior
 2. Tendons, Ligaments, Spinal Disc, and Spinal Nerves
 3. Increased Q-angle, friction of Anterior Cruciate Ligament (ACL)
 4. Mal-alignment of patella, patellar tendonitis, and chondromalacia
 5. Muscular imbalances and injuries
- C. Fundamental Tenets of The Weight Training Prescription
 1. Frequency - Overload versus Rest
 2. Intensity - Muscular Strength versus Muscular Endurance
 3. Training Variables - Skills, Technique/Form, Sets, Reps, Tempo, and Resistance
 4. Principles of Training- Specificity, Progressive Overload, Recovery, Diminishing Returns
 5. Weight Training Terminology - agonists, antagonist, atrophy, hypertrophy, isometric, isokinetic, isotonic, concentric & eccentric
- D. Body Composition
 1. Skeletal Muscle/Visceral Organs versus Adipose Tissue
 2. Healthy Ratio of Lean Body Mass : Adipose Tissue
 3. Techniques used to measure Body Composition
 4. Interpretation of Data: percent body fat, body weight, and body mass index
- E. Goal Setting and Weight Training Program Design

1. SMART goal setting techniques
2. Setting achievable personal goals, training logs, & progress charts
3. Designing safe and effective weight training programs

VI. METHODS OF INSTRUCTION:

- A. **Classroom Activity** -
- B. **Discussion** -
- C. **Observation and Demonstration** -
- D. **Lecture** -
- E. **Individualized Instruction** -

VII. TYPICAL ASSIGNMENTS:

- A. Students will be required to read chapters in text that are related to the lecture topic being presented in class - ie) anatomy, orthopedic anomalies, specific weight training exercises, appropriate technique/form, injury avoidance
- B. Read prepared handouts given during lecture and/or posted on blackboard - SMART Goal Techniques, terminology handouts, advantages/disadvantages of equipment versus free weights, Body Composition, Weight Training Rx
- C. Use the SMART Goal Techniques to establish achievable goals and a method to track success to be turned in to instructor
- D. Design a personal weight training program to be a part of the classroom activity and approved by instructor

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Class Performance
4. Other:
Physical Fitness/Conditioning Assessments to include: 1 mile walk, Body Composition Analysis, Muscular Endurance/Strength Assessment

B. **Frequency**

1. Mid term and Final exams
2. Daily evaluation of student's participation
3. Attendance will be taken daily and documented
4. Pre Fitness Assessment 3rd week of class/Post Assessment 16th week of class

IX. TYPICAL TEXTS:

1. Delavier, Frederic. *Strength Training Anatomy*. third ed., Human Kinetics, 2010.
2. Delavier, Frederic, and Jean-Pierre Clemenceau. *Sculpting Anatomy for Women*. 2013 ed., Human Kinetics, 2013.
3. Lewis-McCormick, . *A Woman's Guide to Muscle and Strength*, Human Kinetics, 2012.
4. A primary reference:
Frederic Delavier/Michael Gundill
Core Training Anatomy
2013, Champaign: Human Kinetics,
ISBN:978145041399-2

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. 1. Student's will be required to have computer access with internet connection to access supplemental on-line material such as Fitness Pal and/or Blackboard materials posted by instructor.
- B. 2. Students will be required to provide their own workout apparel and footwear, water bottle, and towel for daily class participation.