

Las Positas College
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Course Outline for KIN WT2

WEIGHT TRAINING 2

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN WT2 — WEIGHT TRAINING 2 — 1.00 - 2.00 units

Weight Training 2 is a continuation course to the Basic course WTW1. The Principles of Training, Level 2 terminology and weight training biomechanics will be presented. Level 2 programs and possible variations will be applied in the prescription of the personal weight training program. The course will incorporate lectures on possible injuries and prevention in a more advanced weight training setting. Implementation of goal setting, tracking, analyzing, progressing individual programs will be included.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN WT1 - Weight Training 1
 with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Weight Training

	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:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINWT1

IV. MEASURABLE OBJECTIVES:

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

- A. Exhibit knowledge of equipment safety and gym etiquette
- B. List the Principles of Training in relationship to weight training
- C. Define the Weight Training Terminology used in class
- D. Discuss the practical application of Biomechanics to weight training
- E. Utilization of the variations of training, routines and progression of Level 2 skills
- F. Identify possible injuries, prevention and treatment
- G. Display goal setting, systematic tracking, analysis and progression of program by training logs

V. CONTENT:

- A. Review of Gym layout, equipment safety and gym etiquette
- B. Principles of Training
 - 1. specificity
 - 2. frequency
 - 3. rest/recovery
 - 4. progressive overload
 - 5. program progression
- C. Weight Training Terminology
 - 1. agonist vs. antagonist
 - 2. concentric (positive phase). vs. eccentric (negative phase)
 - 3. isometric (stability), isotonic (movement), isokinetic (equal resistance/ROM)
 - 4. isolation skills (rehab) vs. compound skills (activities of daily living)
 - 5. prime movers vs. secondary movers
- D. Applied Biomechanics of Weight Training
 - 1. Law of Levers
 - 2. Law of Inertia

3. Law of Momentum
4. Law of Diminishing Returns
- E. Level 2 Weight Training Programs and Variation
 1. super sets
 2. giant sets
 3. ascending and descending pyramid variation
 4. split routines
 - a. push/pull
 - b. upper/lower body
 - c. rotational
- F. Possible Injuries, Prevention and Treatment
 1. overuse injuries - bursitis, tendonitis, carpal tunnel syndrome, referred sciatica, nerve irritation
 2. technique injuries - sprains, strains, muscle/ligament/tendon tears
 3. spotting new and advanced skills
 4. high risk movements/correct technique execution
- G. Goal Setting and Training Logs
 1. SMART techniques for goals
 2. systematic tracking and analysis
 3. progressing and changing routines for optimum benefit

VI. METHODS OF INSTRUCTION:

- A. **Observation and Demonstration** -
- B. **Discussion** -
- C. Audio visual and internet educational programs
- D. **Lecture** -
- E. **Individualized Instruction** -

VII. TYPICAL ASSIGNMENTS:

- A. Read chapter(s) in text that are related to lecture/information presented in class
- B. Writing Assignment to list and define the principles of training and terminology
- C. Research the possible injuries, prevention and treatment related to weight training
- D. Prepare Goal Setting exercise to be approved by instructor
- E. Maintain a daily log of personalized program

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance
4. Other:
 - Pre and Post Physical Assessment related to weight training skills (muscular strength and endurance)

B. **Frequency**

1. Mid term and Final Exam will be administered
2. Daily Attendance and Active Participation will be observed and noted by instructor
3. Pre and Post Physical Assessment will be done 3rd and 15th week of class

IX. TYPICAL TEXTS:

1. Delavier, F. Gundill, M (2012). *The Strength Training Anatomy Workout* (2 ed.). : Human Kinetics.
2. Delavier, F., & Gundill, M. (2011). *Core Training Anatomy*. Champagne, Illinois: Human Kinetics.
3. National Strength & Conditioning Assn. (2013). *Developing the Core*. : National Strength & Conditioning Assn..
4. Delavier, F., & Gundill, M. (2012). *Strength Training Anatomy Workout 2*. : Human Kinetics.
5. Handouts and websites are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will have to provide their own clothing, foot apparel and towel for class participation.
- B. Students will need access to a computer with an internet connection in order to access online supplemental materials.
- C. Recommend student's bring own water bottle to use during workout to prevent spread of communicable/infectious disease. Water fountain is available in gym.