

Las Positas College
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Course Outline for KIN WT

WEIGHT TRAINING

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN WT — WEIGHT TRAINING — 0.50 - 2.00 units

An opportunity for the student to improve muscle strength and endurance through the correct application of sound training principles. Students will be presented instruction on how to maintain and develop the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and balance. Basic wellness components including nutrition, stress management, healthy lifestyles, body composition, and rest will also be discussed.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Weight Training

| | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| Lab Hours: | 27.00 | 108.00 |
| Total Hours: | 27.00 | 108.00 |

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate knowledge of elementary human anatomy/physiology as related to fitness;
- B. Design and participate in a safe and effective exercise program incorporating the components of fitness to maintain and improve fitness;
- C. Understand safe and effective strength training principles and exercise program design;
- D. Understand the benefits of exercise and strength training and their importance to a healthy lifestyle;
- E. Demonstrate correct and safe operation of various cardio and fitness equipment;
- F. Exhibit proper weight room etiquette;
- G. Perform proper and safe exercise technique;
- H. Identify techniques to measure level of exercise intensity including target heart rate and rate of perceived exertion;
 - I. Demonstrate awareness of other healthy lifestyle choices including not smoking, proper nutrition, stress management, and adequate rest;
 - J. Demonstrate knowledge of techniques to continually improve and maintain components of fitness over a lifetime.

V. CONTENT:

- A. Elementary human anatomy/physiology concepts related to physical fitness maintenance and development
 - 1. Major muscle groups
 - 2. Blood pressure and heart rate
- B. The benefits of exercise and how it relates to a healthy lifestyle
 - 1. Benefits of Cardiovascular Endurance
 - 2. Benefits of Muscular Strength and Muscular Endurance
 - 3. Benefits of Flexibility
 - 4. How body weight and body composition relate to the risk of disease
- C. Proper selection, use and safety procedures related to operating various cardio and fitness equipment
- D. Exercise program design to develop flexibility, strength, endurance, and balance
 - 1. Strength training principles
 - 2. Cardiovascular training principles
 - 3. Flexibility training principles
 - 4. Balance training principles
- E. Proper weight room etiquette and exercise technique to insure safety and comfort level of all participants
- F. Discussion of other healthy lifestyle behaviors including smoking cessation, proper nutrition, stress management and adequate rest as appropriate
- G. Exercise program design progression for a lifetime
- H. Daily participation in an individualized fitness program to improve fitness and strength
 - I. Record keeping to insure adequate training levels and improvement

VI. METHODS OF INSTRUCTION:

- A. Lecture and verbal explanation
- B. Physical Demonstration
- C. Practice of strength training technique
- D. Audio visual and internet educational programs
- E. Handouts
- F. Individual, small group, and class activities to enhance student training and performance

VII. TYPICAL ASSIGNMENTS:

A. Apply the "F.I.T.T." Principle to the cardiovascular endurance component of your workout 1. Student would design the Frequency, Intensity, Time and Type of their cardiovascular workout based on their target heart rate zone and goal for improving endurance and/or weight loss using the cardiovascular training principles discussed in class. B. Demonstrate correct abdominal endurance exercise and technique 1. Student would participate in a ten minute abdominal routine conducted with the class and lead by the instructor at a designated time during class.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Class Performance
- 4. Other:
 - a. Methods
 - 1. Student participation
 - a. Effort demonstrated
 - b. Participation is evaluated daily
 - 2. Written tests on anatomy and common terms used in weight training
 - a. Label the attached muscle chart
 - b. List one exercise to strengthen the latissimus dorsi
 - 3. Performance of proper technique
 - a. proper breathing
 - b. proper pace of lifting and lowering weight

B. **Frequency**

- 1. Frequency
 - a. 1-3 Tests per semester via written and/or physical skills
 - b. Daily evaluation of student's progress/participation by instructor
 - c. Student's self evaluation

IX. TYPICAL TEXTS:

- 1. 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.