Las Positas College
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Course Outline for KIN WTW

WEIGHT TRAINING FOR WOMEN

Effective: Fall 2013

I. CATALOG DESCRIPTION:
KIN WTW — WEIGHT TRAINING FOR WOMEN — 0.50 - 2.00 units

An opportunity for the female student to improve strength and endurance through the correct application of sound training principles. Students will be presented instruction on how to development and maintain the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Students will learn how to safely and effectively strength train the female body.

0.50 - 2.00 Units Lab

Grading Methods:
Letter or P/NP

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	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. Articulate personal fitness goals;
B. Describe the components of fitness;
C. Explain the benefits on strength training;
D. Describe general differences between the male and female bodies, and how to address these differences in designing an exercise program;
E. Design a safe and effective exercise program based on sound training principles and individual goals;
F. Participate in a fitness program to maintain and/or improve personal fitness level;
G. Demonstrate proper operation procedures for various cardio and fitness equipment;
H. Identify techniques to measure level of exercise intensity;
I. Describe the importance of warm-ups and cool-downs;
J. Exhibit proper fitness center etiquette;

V. CONTENT:
A. Orientation to Fitness Environment
    1. Course requirements
    2. Layout of fitness facility and orientation to fitness equipment
    3. Proper etiquette
B. Goal setting
    1. How to set realistic, obtainable, measurable fitness related goals
C. Benefits of exercise
D. The female body
    1. Body Composition
    2. Increased Q-angle
    3. Smaller intercondylar space
    4. Additional friction imposed on Anterior Cruciate Ligament (ACL)
    5. Mal-alignment of patella and chondromalacia of the patella
    6. Imbalance of Vastus Lateralis, Vastus Medialis and Biceps Femoris
E. Designing an exercise program
    1. Warm-up
    2. Cardiorespiratory warm-up
    3. Cardiorespiratory endurance
    4. Muscular endurance
    5. Muscular Strength
    6. Flexibility and range of motion
F. Body Composition
    1. Techniques for measurement
    2. Interpretation of results and percent body fat

G. Selection, proper set-up and operation of various pieces of fitness equipment
H. Biomechanics, posture, and form for proper execution of various exercises
I. Cardiovascular machines and exercises to improve and/or maintain cardiorespiratory endurance
J. Strength machines, benches, and weights to improve and/or maintain muscular strength and muscular endurance
K. Closed chain exercises to improve and/or maintain muscular strength and muscular endurance
L. Elementary human anatomy/physiology related to physical fitness
    1. Major muscles groups
    2. Warm-up
    3. Cool-down
    4. Heart rate
M. The “FITT” principle and ACSM guidelines for exercise program design
    1. Frequency
        a. Cardiorespiratory endurance
        b. Muscular strength and endurance
        c. Flexibility
    2. Intensity
        a. Measurement
        b. Resting heart rate, target heart rate
        c. Ratings of perceived exertion
        d. Borg scale
    3. Modification
        a. How to modify cardiorepiratory intensity
        b. How to modify strength training intensity
        c. Repetitions
        d. Sets
    4. Time
        a. Duration of exercise
    5. Type
        a. Modes of exercise to improve each of the components of fitness
N. Record-keeping, training logs, charting progress
O. Active participation in an exercise program
P. Self-confidence and self-efficacy
Q. Transitioning to a co-ed exercise environment
R. Discussion of wellness topics related to a healthy lifestyle

VI. METHODS OF INSTRUCTION:

A. **Lecture** -
B. **Discussion** -
C. Student participation in individual and class activities
D. Individual, small group, and whole class activities
E. Internet “web field trips” to educational websites
F. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

A. Lecture/Discussion 1. The “FITT” principle and how to apply it to design or progression of an exercise program 2. View the anatomical skeleton and diagrams to discuss Q-angle B. Writing 1. Utilizing the “FITT” principle, design an exercise program to improve and/or maintain your fitness level. C. Demonstration 1. Demonstrate proper/correct technique for each exercise listed on your exercise program design. 2. Identify the vastus medialis and desribe one strength training exercise to target this area in an effort to promote improved patellar tracking.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Papers
4. Class Participation
5. Other:
    a. Methods
        1. Active participation in an exercise program
        2. Written assignments and assessments on content
        3. Physical fitness assessments
        4. Student’s self evaluation of progress

B. **Frequency**

1. Frequency
    a. Participation is evaluated daily
    b. Periodic assignments and assessments
    c. A minimum of one written quiz/exam

IX. TYPICAL TEXTS:

1. Brown, L., E. (By NSCA - National Strength & Conditioning Association) (2007). *Strength Training.* : Human Kiinetics.
2. Lewis-McCormick, I (2012). *A Woman's Guide to Muscle and Strength*. : Human Kinetics.
3. Handouts and websites are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Students will need access to a computer with an internet connection in order to access online supplemental materials.
B. Students will provide their own clothing, foot apparel, and nutrients for class participation.