

Las Positas College
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Course Outline for KIN WTW2

WOMEN'S WEIGHT TRAINING 2

Effective: Fall 2020

I. CATALOG DESCRIPTION:

KIN WTW2 — WOMEN'S WEIGHT TRAINING 2 — 1.00 units

Women's Weight Training 2 is a continuation course to Women's Weight Training 1. Students will increase muscular strength and/or muscular endurance using weight machines, free weights, and body weight exercises. Implementation of program design and goal setting will be included.

1.00 Units Lab

Strongly Recommended

KIN WTW1 - Women's Weight Training One
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Weight Training for Women

	MIN
Lab Hours:	54.00
Total Hours:	54.00

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. KINWTW1

1. Demonstrate how to utilize the weight training equipment safely and proper gym etiquette
2. Identify the basic musculoskeletal anatomical features of the human female body
3. Describe the kinesiology movements of the female body

IV. MEASURABLE OBJECTIVES:

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

- A. Exhibit knowledge of equipment safety and gym etiquette
- B. Select specific machines or resistance exercises for each major muscle group
- C. Execute the exercise correctly in form and technique
- D. Identify and name the "prime mover" muscle(s) by their anatomical name and movement.
- E. Describe the difference between muscular strength and muscular endurance.
- F. Display goal setting using SMART goals
- G. Utilization of the variations of training by manipulating sets, repetitions, tempo, weight.

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 vs. compound skills
 5. Prime movers vs. secondary movers
- D. Applied Biomechanics of Weight Training

1. Law of Levers
2. Law of Inertia V.
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
 5. Circuit Training
- F. 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. **Classroom Activity** -
- B. **Discussion** -
- C. **Individualized Instruction** -
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Daily participation of weight training
- B. Create SMART Goals
- C. Maintain a daily workout log
- D. Complete pre and post testing to evaluate individual improvement of strength.
- E. Complete midterm and final on major muscle groups and the exercises that utilize each muscle group

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - Final Written Exam
- B. Class Participation
 - daily
- C. Final Class Performance
 - Final fitness assessments

IX. TYPICAL TEXTS:

1. Delavier, Frederic. *Delavier's Women's Strength Training Anatomy Workouts*. 1st ed., Human Kinetics , 2015.
2. Ronnberg, Olga. *Strength Training for Women; Training Programs, Food, Motivation for a Stronger More Beautiful Body* . 1st ed., Skyhorse Publishing , 2017.
3. Shepherd, John . *Strength Training for Women* . 1st ed., Bloomsbury Sport, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are required to wear appropriate exercise attire and footwear.
- B. Students should have their own towel and water bottle.
- C. Students should have internet access for materials presented on Canvas or required research of pertinent topics.