

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN WT1

WEIGHT TRAINING 1

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN WT1 — WEIGHT TRAINING 1 — 0.50 - 2.00 units

This course provides an introduction to weight training. Students will learn how to improve muscle strength and muscle endurance through the correct application of basic weight training principles.

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. Use basic weight training terms (including repetition, set, and weight) to describe weight training programs;
- B. Identify and demonstrate basic weight training exercises for each major muscle group
- C. Demonstrate introductory knowledge of human anatomy/physiology as related to weight training;
- D. Demonstrate correct and safe operation of various pieces of cardio and strength training equipment;
- E. Describe the components of fitness;
- F. Exhibit proper weight room etiquette;
- G. Participate actively in the skills and activities presented in class;

V. CONTENT:

- A. Introduction to key terms used in weight training including repetition, set, weight
- B. Elementary human anatomy/physiology concepts related to weight training
 1. Major muscle groups
 2. Agonist/Antagonist muscle balance
- C. Upper body exercises
- D. Lower body exercises
- E. Abdominal / "core" exercises
- F. Format of weight training sessions
 1. Importance of warm-up and cool-down
 - a. introduction to cardio equipment
 2. Order to perform exercises
- G. Weight training program design
 1. Frequency
 2. Intensity
 3. Time
 4. Type
- H. Introduction to strength training equipment
 1. machines
 2. dumbbells
 3. barbells
 4. cables
 5. body weight
 6. balance and stability equipment
- I. Proper selection, use and safety procedures related to operating various pieces of cardio and strength training equipment
- J. Techniques to insure safety and comfort for all participants
 1. racking
 2. spotting
- K. The components of fitness and how each is (or is not) addressed in the scope of this course.
 1. Muscular strength

2. Muscular endurance
3. Cardiorespiratory endurance
4. Flexibility
5. Body Composition
- L. The benefits of exercise and how they relate 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
- M. Proper weight room etiquette
- N. Discussion of other healthy lifestyle behaviors including smoking cessation, proper nutrition, stress management and adequate rest as appropriate
- O. Record keeping to insure adequate training levels and improvement
 1. Types of training logs
 2. How to organize a training log
 3. How to adjust a training routine based on an analysis of a training log
- P. Active participation in weight training routine

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 terms rep, set and weight and the "F.I.T.T." principle to the weight training component of your workout
 1. Student would design the Frequency, Intensity, Time and Type of their strength training program based on their goals and the 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. Demonstration of correct technique
 - b. Proper breathing
 - c. 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. Brown, L., E. (By NSCA - National Strength & Conditioning Association) (2007). *Strength Training*. : Human Kinetics.
2. Delavier, F. Gundill, M (2012). *The Strength Training Anatomy Workout* (2 ed.). : Human Kinetics.
3. 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.