

Las Positas College
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Course Outline for KIN WT1

WEIGHT TRAINING 1

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN WT1 — WEIGHT TRAINING 1 — 1.00 - 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.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

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:

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

- Introduction to key terms used in weight training including repetition, set, weight
- Elementary human anatomy/physiology concepts related to weight training
 - Major muscle groups
 - Agonist/Antagonist muscle balance
- Upper body exercises
- Lower body exercises
- Abdominal / "core" exercises
- Format of weight training sessions
 - Importance of warm-up and cool-down
 - introduction to cardio equipment
 - Order to perform exercises
- Weight training program design
 - Frequency
 - Intensity
 - Time
 - Type
- Introduction to strength training equipment
 - machines
 - dumbbells
 - barbells
 - cables
 - body weight
 - balance and stability equipment
- Proper selection, use and safety procedures related to operating various pieces of cardio and strength training equipment
- Techniques to insure safety and comfort for all participants
 - 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. 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. Demonstrate correct technique for lower body exercises
- B. Demonstrate correct technique for core exercises
- C. Demonstrate correct technique for upper body exercises
- D. Daily participate in active workout

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - one final exam
- B. Class Participation
 - daily

IX. TYPICAL TEXTS:

- 1. Brown, L. (2017). *Strength Training Online CE Course* (2 ed.). Champaign, Illinois: Human Kinetics.
- 2. Goldenberg, L. (2016). *Strength Ball Training Online CE Course* (3 ed.). Champaign, Illinois: 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.