

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

## Course Outline for KIN WT2

### WEIGHT TRAINING 2

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN WT2 — WEIGHT TRAINING 2 — 0.50 - 2.00 units

This is an intermediate level course. Students will learn how to improve muscle strength and muscle endurance through the correct application of intermediate level weight training principles.

0.50 - 2.00 Units Lab

#### **Strongly Recommended**

KIN WT1 - Weight Training 1  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

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

#### 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. KINWT1

#### IV. MEASURABLE OBJECTIVES:

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

- A. Use weight training specific terms (including repetition, set, weight, overload principle, progression, pyramids, super sets, giants sets) to describe weight training programs;
- B. Identify muscles and demonstrate weight training exercises for each;
- C. Design and progress weight training programs;
- D. Demonstrate proper and safe strength training technique utilizing dumbbells, barbells, cables, balance/stability equipment;
- E. Enforce proper weight room etiquette;
- F. Spot intermediate level weight training moves;
- G. Participate actively in skills and activities presented in class

#### V. CONTENT:

- A. Key terms utilized in intermediate weight training
  1. repetition, set, weight
  2. ascending pyramids, ascending-descending pyramids
  3. super sets, giants sets
  4. overload principle
  5. progression
  6. specificity
- B. Human anatomy/physiology concepts related to weight training
  1. Major muscle groups
  2. individual muscles within each major group
  3. origins and insertions
- C. Exercises for each muscle group
  1. Prime movers
  2. Muscles that assist prime movers
- D. Designing weight training programs
  1. Frequency
  2. Intensity
  3. Time (duration)
  4. Type (mode)

5. Split routines
  - a. Push/Pull
  - b. Upper body/ Lower body
  - c. Rotational
- E. Designing weight training sessions
  1. importance of warm-up and cool-down
  2. order of exercises
  3. agonist/antagonist muscle balance
  4. application of intermediate theories to session design (pyramids, super sets, giant sets)
  5. use of intermediate level terms to describe sessions
- F. Progression of weight training workouts utilizing:
  1. machines
  2. dumbbells
  3. barbells
  4. cables
  5. body weight
  6. balance and stability equipment
- G. High risk movements and techniques to reduce the risk of injuries
  1. proper technique
  2. pre-existing injuries
  3. overuse injuries
  4. spotting
- H. 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
- I. Proper weight room etiquette
- J. Discussion of other healthy lifestyle behaviors including smoking cessation, proper nutrition, stress management and adequate rest as appropriate
- K. Active participation in an individualized fitness program to improve fitness and strength
- L. Record keeping to insure adequate training levels and improvement
  1. identifying personal goals and integrating them into a training log
  2. systematic tracking techniques for use with a training log
  3. analyzing training logs
  4. progressing weight training routines based on analysis of training logs

#### 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, weight, and overload principle to **progress** a weight training 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 program design and technique
  1. Student would identify the individual abdominal muscles and design a ten minute abdominal routine that targets them all.
  2. Student would participate in and demonstrate correct technique in the ten minute abdominal routine.

#### 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 three exercises 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.