KINE 151B - Intermediate Weight Training Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616688
Discipline(s)	Coaching Health Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	151B
Course Title	Intermediate Weight Training
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	Changing subject code to KINE. Changing hours and units, no longer variable. Adding recommended prep.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81
Open Entry/Open Exit	No
Maximum Enrollment	30
Grading Option	Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description The purpose of this course is to provide students with an intermediate level of muscular strength and fitness. Students will design and engage in intermediate level programs which apply the components of muscular strength, endurance and joint flexibility.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 151 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Student will explain how to develop a progressive program for intermediate level weight training by using free weight or weight machines.
B. Student will select and execute intermediate exercises which target specific muscle groups.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Develop an understanding of intermediate level principles which develop muscular strength.
B. Perform intermediate weight lifting exercises with proper form.
C. Understand safe and poor techniques in intermediate weight lifting exercises.
D. Understand how to avoid common injuries associated with intermediate weight lifting exercises.
E. Identify the intermediate weight lifting exercises and the bone and muscular anatomy affected.
F. Intermediate students must demonstrate increased depth and breadth of muscular fitness, strength and program development.
G.

3. Course Content

1. Weight Training Principles

a. Benefits of weight training
b. Improved health and self image
c. Body's responses to weight training
d. Muscle structure and strength, the motor unit

e. Weight training and the strength of ligaments, tendons and bones

2. Structure of the intermediate Weight Training Program

a. Warm-up and cool down
b. Choosing the correct weight
c. Order of exercises
d. Sets and repetitions
e. Technique and form
d. Safety and preventing accidents

3. Proper Mechanics of Exercise

a. Lifting techniques
b. Breathing
c. Exercise movements
d. Grips

4. Development of the Major Muscle Groups:

a. Lower body
-Exercises for the lower body

b. Chest
-Exercises for the chest

c. Shoulders
-Exercises for the shoulders

d. Back
-Exercises for the back

e. Core
-Exercises for the abdominal muscles/core

f. Arms
-Exercises for the triceps, biceps and forearems

5. Weight Lifting Techniques

a. Techniques for single, multijoint, and advanced lifts
b. Use of proper biomechanical techniques for safety concerns

6. Basic Nutritional Concepts

a. The role of exercise and nutrition
b. Planning a healthy diet
c. Diet and performance

4. Methods of Instruction:

Activity: Perform a bench press using free weights.
Critique: Feedback to student on proper biomechanics while performing a bench press.
Discussion: Explanation of warm-up procedures before performing the bench press.
Individualized Instruction: Develop an individual weight lifting program.
Lab: Perform a one-rep maximum on the bench press.
Lecture: Development of the pectoral region using various weight lifting exercises.
Observation and Demonstration: Demonstrate the proper and safe execution of the bench press and how to properly spot for a partner.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Quiz: Objective format, multiple choice and True/False
Oral Presentation -- Present two specific exercises for a specific muscle group
Simulation -- Demonstration of proper biomechanics to execute specific exercise(s)
Class Work -- Complete required daily workout program and discuss proper lifting techniques
Home Work -- Read and write an essay about a pertinent topic from the course content
Lab Activities -- Perform a strength test to establish a strength baseline
Class Performance -- Demonstration of proper techniques needed for strength program
Final Exam -- Objective test format, True/False and Multiple Choice

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
   Chapter assignments:
   1. Learning how to select exercises and training loads
   2. Selecting total body exercises and training loads

   Class handouts:
   Meal planning for a day
   Change my plate
B. Writing Assignments
   1 Students will be required to complete journals.

   2. Students will be required to record workouts and to analyze programs.
C. Other Assignments
   Students will be required to perform strength tests.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author:	Gregory Huff
Title:	Essentials of Strength and Conditioning
Publisher:	Human Kinetics
Date of Publication:	2015
Edition:	4

B. Other required materials/supplies.