

**Course Outline**

**COURSE:** KIN 24A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 24      PE 24

**TERM EFFECTIVE:** Fall 2013                      **CURRICULUM APPROVAL DATE:** 02/25/2013

**SHORT TITLE:** INDIV WEIGHT TRAIN - LEVEL 1

**LONG TITLE:** Individualized Weight Training - Level 1

| <u>Units</u> | <u>Number of Weeks</u> | <u>Type</u> | <u>Contact Hours/Week</u> | <u>Total Contact Hours</u> |
|--------------|------------------------|-------------|---------------------------|----------------------------|
| .5 OR 1      | 18                     | Lecture:    | 0                         | 0                          |
|              |                        | Lab:        | 1.5 OR 3                  | 27 OR 54                   |
|              |                        | Other:      | 0                         | 0                          |
|              |                        | Total:      | 1.5 OR 3                  | 27 OR 54                   |

**COURSE DESCRIPTION:**

An open laboratory for those who desire an individualized strength training program using the stations from the resistance machines. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. Develop and perform a muscular strength training program specific to their needs which includes at least eight (8) of the stations from the resistance machines.

Measure: demonstration, workout chart

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: S '10

2. Name the major muscle groups used in the flexibility and resistance exercises they perform.

Measure: written exam, oral exam, discussion

PLO: 4,5,7

ILO: 2,1

GE-LO: A1,A2

Year assessed or anticipated year of assessment: S'10

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 02/25/2013

1.5 - 3 Hours: Course orientation, including grading and the procedures for use of the open lab.

SPO: Students will explain the requirements of the course, including how they are graded, the dress code, and use of the workout chart. They will correctly log themselves in and out of the lab.

3 - 6 Hours: Continue orientations as needed. Introduce flexibility exercises and the major muscle groups being targeted. Discuss the importance of stretching both before and after working out. Introduce, demonstrate, and describe each of the stations on the resistance machines - lat pull, leg press, pec deck, leg extension, leg curl, upright rowing, incline/bench/shoulder press, and ab/ad thigh machine - including identifying the major muscles being targeted. Emphasize the importance of safety.

SPO: Students will describe and demonstrate basic stretching exercises and describe the importance of stretching. They will demonstrate each of the stations on the resistance machines. They will identify the major muscle groups being utilized.

4.5 - 9 Hours: Introduce basic core stabilization training; i.e. drawing in maneuvers, bracing, plank, and bridging. Different types of exercise workout routines will be explained. This could include workouts for the total body, split routines, or upper/lower body split routines. These workouts would be basic strength exercises, utilizing single or multiple joint exercises and include 1 - 3 sets of 12 - 20 reps.

SPO: Students will demonstrate and discuss basic core stabilization training. They will experience different types of exercise workouts utilizing the stations on the resistance machines.

16.5 - 33 Hours: Continue to demonstrate and review the proper use of the resistance training equipment available in the lab including the importance of safety. Assist students with developing a muscular strength training program specific to their needs. This program would include all or most of the stations on the resistance machines.

SPO: Students will develop a workout routine and apply the skills learned into a weekly workout program. They will record their progress on their workout chart. They will utilize safe lifting practices.

2 Hours: Written final.

### **METHODS OF INSTRUCTION:**

demonstration, peer teaching, small group

### **METHODS OF EVALUATION:**

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

Matching items

Other: short answer

Other category:

Other: Required student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 20% - 30%

Objective examinations: 10% - 20%

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201370

UC TRANSFER:

Transferable UC, effective 201370

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 24A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000536776

Sports/Physical Education Course: Y

Taxonomy of Program: 127000