

Course Outline

COURSE: KIN 24B **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 2

LONG TITLE: Individualized Weight Training - Level 2

<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 and hand weights as well as body weight exercises using stability equipment. 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:

- Utilize at least two (2) types of muscular strength training routines that apply the principles of specificity, overload, and progression in their weekly workouts.

Measure: demonstration, workout chart, written final

PLO: 4

ILO: 2,7,6,1,4

GE-LO: E1

Year assessed or anticipated year of assessment: S '10

2. Incorporate at least two (2) stabilization endurance training exercises and two (2) hand weight exercises in their weekly workout routine.

Measure: demonstration, workout chart

PLO: 4

ILO: 7,2,6

GE-LO: E1

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 the principles of specificity, overload, and progression. Assist students with developing a muscular strength training program that incorporates the principles of specificity, overload, and progression.

SPO: Students will discuss and demonstrate the principles of specificity, overload, and progression. They will develop a program incorporating these principles.

4.5 - 9 Hours: Provide information on stabilization endurance training with the focus on increasing: stability, muscle endurance, neuromuscular efficiency of core, and inter and intramuscular coordination. A variety of exercise workout routines will be explained, including body weight exercises, the use of the stability ball and dynadisc, and single leg exercises. These routines will build on the principles from level 1 and include 1 - 3 sets of 12 - 20 reps.

SPO: Students will demonstrate optimal levels of stability, strength, and postural control. They will utilize different types of workout routines to improve their muscular strength.

16.5 - 33 Hours: Continue to demonstrate and discuss the principles of specificity, overload, and progression and stabilization endurance training exercises. Assist the students with developing a workout routine that incorporates these principles and exercises in their muscular strength training program. Introduce the use of hand weights. Explain and demonstrate the various strength training exercises available utilizing hand weights.

SPO: Students will develop and perform a weekly muscular strength training workout that applies the principles of specificity, overload, and progression and that incorporates a variety of stabilization endurance training exercises. They will demonstrate four (4) strength training exercises that can be performed utilizing the hand weights.

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: 24B

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: CCC000536777

Sports/Physical Education Course: Y

Taxonomy of Program: 127000

