

**Course Outline**

**COURSE:** KIN 24D                      **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 4

**LONG TITLE:** Individualized Weight Training - Level 4

<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 Olympic lifts and the kettle ball to develop maximum strength, hypertrophy, and power. 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 workout routine utilizing Olympic lifts that focuses on maximum strength, hypertrophy, and power.

Measure: demonstration, workout chart

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: F '14

2. Incorporate at least three (3) strength, hypertrophy, and/or power exercises utilizing the kettle bell in their workout routine.

Measure: demonstration, workout chart

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: F '14

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

Curriculum Approval Date: 02/25/2013

1.5 - 3 Hours: Course orientation; including grading, procedures for use of the open lab, and safety requirements regarding the use of free weights.

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

3 - 6 Hours: Continue orientations as needed. The correct lifting techniques and the importance of safety will be discussed and demonstrated for the bench press, squat, decline press, incline press, and preacher curl.

SPO: Students will demonstrate the correct lifting techniques for each station. They will employ all safety requirements.

4.5 - 9 Hours: Introduce Olympic lifts, such as clean, power clean, and dead lift. Emphasis will focus on maximum strength, hypertrophy, and power. Power workouts would include 8 - 10 sets of 1 - 5 reps and maximum strength workouts would be 4 - 6 sets of 1 - 5 reps. Different types of exercise routines will be explained. This could include pyramid, circuit, progressive resistance, upper body/lower body, and 3 or 4 day split. Introduce the kettle bell, including a variety of exercises that can be performed using this piece of equipment.

SPO: Students will demonstrate the proper technique for each Olympic lift introduced. They will discuss the various types of exercise routines. They will explain and demonstrate at least three (3) exercises that can be performed using the kettle bell.

16.5 - 33 Hours: Continue to demonstrate and discuss the various types of Olympic lifts that can be performed, as well as exercises using the kettle bell. Assist the students with developing a workout routine utilizing the barbell and the kettle bell that focuses on maximum strength, hypertrophy, and power.

SPO: Students will develop and perform a weekly muscular strength training program using the barbell and the kettle bell.

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: 24D

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: CCC000536779

Sports/Physical Education Course: Y

Taxonomy of Program: 127000