

Course Outline

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

TERM EFFECTIVE: Fall 2013 **Inactive Course**

SHORT TITLE: INDIV WEIGHT TRAIN

LONG TITLE: Individualized Weight Training

<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 program using exercise machines and free weights. This course has the option of a letter grade or pass/no pass. Previously listed as PE 24.

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. The student will develop a muscular strength training program specific to their needs which includes at least four (4) of the stations from the exercise machines.

ILO: 7, 2, 6

Measure: performance, written exam, workout chart

2. The student will incorporate at least two (2) abdominal strength training exercises and at least two (2) exercises using hand weights into their workout program.

ILO: 7, 2, 6

Measure: demonstration, workout chart

3. The student will name the major muscle groups used in the exercises they perform.

ILO: 2, 1

Measure: written exam, oral exam

4. The student will apply safety procedures when utilizing free weights and demonstrate the proper form when performing exercises.

ILO: 6, 7

Measure: demonstration

5. The student will attempt at least two (2) types of exercise routines.

ILO: 2, 7, 4, 6, 1

Measure: performance, demonstration,
written exam

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

Inactive Course: 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. Discuss the importance of stretching as a warm-up activity. Explain the benefits of stretching both before and after working out and demonstrate stretches for the lower body and the upper body. Demonstrate and describe each of the stations on the exercise machines. This will include safety and proper lifting techniques.

SPO: The student will demonstrate at least two stretches each for the lower body and the upper body. They will discuss the benefits of stretching. Each of the stations on the exercise machine - lat pull, leg press, pec deck, leg extension/leg curl, upright rowing, incline/bench/shoulder press, and ab/ad thigh machine - will be demonstrated by the student using the correct technique.

4.5 - 9 Hours

Discuss and demonstrate the abdominal stations and the back extension station as well as the use of stability balls and medicine balls. Introduce the use of free weights. Explain and demonstrate the various strength training exercises available utilizing hand weights.

SPO: The student will demonstrate a variety of abdominal strength training exercises. They will discuss the function of the back extension station. The student will demonstrate four (4) exercises that can be performed with the hand weights.

4.5 - 9 Hours

Review the use of free weights. The proper techniques and the importance of safety will be discussed and demonstrated for the bench press, squat, decline press, incline press and preacher curl. 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.

SPO: Students who work with free weights will demonstrate the proper lifting techniques for each station they utilize. They will employ safety requirements. Students will explain at least two (2) types of exercise routines.

12 - 24 Hours

Continue to demonstrate and review the proper use of the strength training equipment available in the lab. Assist the students with developing a muscular strength training program specific to their needs.

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.

2 Hours

Written final.

This is a skill building class where the student's skills or proficiencies will be enhanced by supervised repetition and practice in class.

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%

Other methods of evaluation: 50% - 80%

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this

direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.

3) This more closely describes what our profession is about.

“Kinesiology is the academic discipline concerned with the art and science of human movement.”

4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.

5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

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: 24

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: CCC000528373

Sports/Physical Education Course: Y

Taxonomy of Program: 083500