

### Course Outline

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

**TERM EFFECTIVE:** Spring 2022                      **CURRICULUM APPROVAL DATE:** 3/08/2022

**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

04A - Laboratory - LEH 0.65

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Utilize at least two (2) types of muscular strength training routines that apply the principles of specificity, overload, and progression in their weekly workouts.
2. Incorporate at least two (2) stabilization endurance training exercises and two (2) hand weight exercises in their weekly workout routine.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. 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. Demonstrate four (4) strength training exercises that can be performed utilizing the hand weights.
2. Demonstrate optimal levels of stability, strength, and postural control. Utilize different types of workout routines to improve their muscular strength.
3. Discuss and demonstrate the principles of specificity, overload, and progression. Develop a program incorporating these principles.
4. Explain the requirements of the course, including proper workout attire, and use of a workout chart. Correctly log themselves in and out of the lab

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

Curriculum Approval Date: 3/08/2022

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

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 dyna-disc, and single leg exercises. These routines will build on the principles from level 1 and include 1 - 3 sets of 12 - 20 reps.

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.

2 Hours: Written final.

## **METHODS OF INSTRUCTION:**

demonstration, peer teaching, small group

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 30

Evaluation Description

20% - 30% Multiple choice; Matching items; Other: short answer

Objective examinations

Evaluation Percent 20

Evaluation Description

10% - 20% Multiple choice; Matching items; Other: short answer

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

Required student participation

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000536777

Sports/Physical Education Course: Y

Taxonomy of Program: 127000