

### Course Outline

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

**TERM EFFECTIVE:** Spring 2022                      **CURRICULUM APPROVAL DATE:** 03/08/2022

**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
- 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. Develop and perform a workout routine utilizing Olympic lifts that focuses on maximum strength, hypertrophy, and power.
2. Incorporate at least three (3) strength, hypertrophy, and/or power exercises utilizing the kettle bell in their workout routine.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Develop and perform a weekly muscular strength training program using the barbell and the kettle bell.
2. Explain and demonstrate at least three (3) exercises that can be performed using the kettle bell.
3. Discuss the various types of exercise routines.
4. Demonstrate the proper technique for each Olympic lift introduced.
5. Explain the requirements of the course; including proper workout attire, safety requirements, and use of a workout chart. They will correctly log themselves in and out of the lab.

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

Curriculum Approval Date: 03/08/2022

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

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, and incline press.

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.

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.

2 Hours: Written final.

**METHODS OF INSTRUCTION:**

demonstration, peer teaching, small group

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 20

Evaluation Description

20% - 30% Performance exams

Objective examinations

Evaluation Percent 10

Evaluation Description

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

Other methods of evaluation

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: CCC000536779

Sports/Physical Education Course: Y

Taxonomy of Program: 127000