

Course Outline

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

TERM EFFECTIVE: Fall 2011 **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. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 24, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 3 times

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: 11/08/2010

This course is now listed as Kinesiology 24, effective Fall 2011.

Curriculum Approval Date: 04/14/2008

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%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
GAV E1, effective 199650
CSU GE:
CSU E1, effective 199650
IGETC:
CSU TRANSFER:
Transferable CSU, effective 199650
UC TRANSFER:
Transferable UC, effective 199650

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: PE
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:
Minimum Hours:
Course Control Number: CCC000252474
Sports/Physical Education Course: Y
Taxonomy of Program: 083500