### KFIT 10.1 Course Outline as of Fall 2021

# **CATALOG INFORMATION**

Dept and Nbr: KFIT 10.1 Title: RESISTANCE TRAINING Full Title: Resistance Training Last Reviewed: 3/9/2020

Units		Course Hours per Week	I	Nbr of Weeks	<b>Course Hours Total</b>	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

### **Catalog Description:**

This course utilizes muscular strength and endurance training using a variety of modalities and equipment including but not limited to: machines, free weights, bars, exercise tubes, medicine balls, body weight, stability balls, and cables.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

**Limits on Enrollment:** 

### **Schedule of Classes Information:**

Description: This course utilizes muscular strength and endurance training using a variety of modalities and equipment including but not limited to: machines, free weights, bars, exercise tubes, medicine balls, body weight, stability balls, and cables. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment:

# **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	L		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

## CID:

## **Certificate/Major Applicable:**

Both Certificate and Major Applicable

# **COURSE CONTENT**

## **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

- 1. Demonstrate proper techniques to safely and successfully engage in resistance training activities
- 2. Create and implement a progressive resistance training program incorporating a variety of equipment based on individual fitness level and goals

## **Objectives:**

At the conclusion of this course, the student should be able to:

- 1. Identify basic musculo-skeletal anatomy and muscle actions
- 2. Demonstrate proper form and technique in use of all resistance training equipment
- 3. Explain the use of specific muscle groups in relation to various resistance exercises
- 4. Construct an individual resistance training plan
- 5. Create short and long term fitness goals
- 6. Assess personal fitness level
- 7. Explain proper safety considerations in resistance training
- 8. Explain modifications, progressions, and regressions for resistance training exercises

## **Topics and Scope:**

- I. Basic Musculo-Skeletal Anatomy
- II. Orientation to Equipment
  - A. Machines
  - B. Free weights
  - C. Stability balls
  - D. Medicine balls
  - E. Exercise bands and tubes
  - F. Bars
  - G. Cables
- III. Proper Body Mechanics, Technique, Form and Safety Considerations for Resistance Exercises

IV. Types of Muscular Actions

- A. Concentric
- B. Eccentric
- C. Isometric
- D. Isotonic
- V. Fitness Assessment
  - A. Baseline
  - B. Post-test
- VI. Program Design Based on Fitness Level and Goals
  - A. Body fat reduction
  - B. Increasing lean body mass (muscle)
  - C. Sport specific performance
  - D. Muscular strength and endurance
- VII. Appropriate Modifications and Progressions Based on Fitness Level
- VIII. Core Training Exercises

# Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

- 1. Short term and long term goal setting (2 4 per semester, 1 2 pages each)
- 2. Development of a resistance training program
- 3. Fitness assessments
- 4. Exam(s) or quiz(zes) (1 3)
- 5. Performance exam(s)(1 3)
- 6. Fitness journal (1 entry per week)
- 7. One to two hours of exercise outside of class per week

# Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Short term and long term goals, fitness journal/record

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

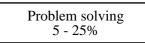
Resistance Training Program Design

Skill Demonstrations: All skill-based and physical
demonstrations used for assessment purposes including skill
performance exams.

Performance exams, fitness assessments

**Exams:** All forms of formal testing, other than skill performance exams.

Writing 5 - 25%	



Skill Demonstrations		
5 - 25%		

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance, outside exercise

**Representative Textbooks and Materials:** Fitness Illustrated. Sharkey, Brian. Human Kinetics. 2011 (classic) Instructor prepared materials

Exams		
15 -	30%	

Other Category 40 - 60%