

CATALOG INFORMATION

Dept and Nbr: KFIT 8Title: INTRO TO WEIGHT LIFTING

Full Title: Introduction to Weight Lifting

Last Reviewed: 8/14/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	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:

Students will perform basic weight lifting exercises and will be introduced to basic techniques, fitness, and nutrition principles.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Students will perform basic weight lifting exercises and will be introduced to basic techniques, fitness, and nutrition principles. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Spring 2018	Inactive:
----------------------	--------------	------------	-------------	-----------

UC Transfer:	Transferable	Effective:	Spring 2018	Inactive:
---------------------	--------------	------------	-------------	-----------

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

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

1. Safely perform basic weight training exercises
2. Apply basic nutritional concepts
3. Apply basic fitness principles

Objectives:

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

1. Identify basic anatomy
2. Demonstrate proper technique for basic weight training exercises
3. Describe basic nutritional concepts
4. Measure and monitor your heart rate

Topics and Scope:

I. General weight training principles:

- A. Technique and form
- B. Safety

II. Muscle Groups:

- A. Legs
- B. Chest
- C. Shoulders
- D. Back
- E. Core

III. Introduction to Basic Nutritional Concepts in Relation to Weight Lifting Program

IV. Measuring and Monitoring Heart Rate

V. Basic Fitness Principles

- A. Muscular strength
- B. Muscular endurance
- C. Cardiovascular endurance
- D. Body Composition
- E. Flexibility

Assignment:

1. Weight lifting exercise performance
2. Participation of class workouts
2. Personalized weight lifting journal
3. Personalized weight lifting program
4. Identify personal weight lifting goals
5. Quiz(zes) or Exam(s)

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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

None

Problem solving
0 - 0%

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

Weight lifting exercise performance

Skill Demonstrations
25 - 40%

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

Quiz(zes) or exam(s)

Exams
15 - 25%

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

Personalized weight lifting journal; personalized weight lifting program; personal weight lifting goals; attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Strength Training Anatomy. 4th ed. Delavier, Frederic. Human Kinetics. 2022.
Instructor prepared materials