KFIT 8.1 Course Outline as of Fall 2014

CATALOG INFORMATION

Dept and Nbr: KFIT 8.1 Title: BEGINNING WEIGHT LIFTING
Full Title: Beginning Weight Lifting
Last Reviewed: 2/6/2023

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	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: 0.00 Total Student Learning Hours: 52.50

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:	PHYED 38

Catalog Description:
Weight lifting for the purpose of establishing muscular strength and fitness. In addition to various weight lifting techniques, this class may also include cardio and core workouts.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Weight lifting for the purpose of establishing muscular strength and fitness. In addition to various weight lifting techniques, this class may also include cardio and core workouts. (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 1983	Inactive:	
UC Transfer:	Transferable	Effective:	Spring 1983	Inactive:	

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
Upon completion of this course the student will:
1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper skills in use of equipment and in weight lifting techniques.
3. Incorporate basic nutritional concepts in relation to a weight lifting program.
4. Explain the use of specific muscle groups in relation to various weight lifting exercises.
5. Construct personalized weight training programs based on analysis of personal levels of fitness and goals.

Topics and Scope:

I. Basic musculo-skeletal anatomy of major muscle groups
II. General weight training principles:
  A. Technique and form
  B. Safety
III. Muscle Groups:
  A. Legs
  B. Chest
  C. Shoulders
  D. Back
  E. Core
IV. Weight lifting techniques:
  A. Strength
  B. Size
  C. Endurance
  D. Power
V. Basic nutritional concepts in relation to a weight lifting program.
VI. Developng a weight lifting program.
Optional Topics:
I.. Cardio Vascular Fitness
II. Core Training

III. Heart rate and how it relates to different levels of fitness

Assignment:

In-class assignments:
1. Weight lifting workouts
2. Development of a personalized weight lifting program
3. Identify personal weight lifting goals

Out of class assignments:
Independent free weight workout for 1 hour per week per unit

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.

Performance of weight lifting exercises	Skill Demonstrations 25 - 40%

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

Multiple choice, True/false	Exams 15 - 25%

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

Attendance and Participation in class, the completion of out of class workouts, and the development of a personalized weight lifting program	Other Category 40 - 60%

Representative Textbooks and Materials:
Strength Training Anatomy, Second Edition
Human Kinetcs
2013