KFIT 11.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 11.1 Title: PERIODIZED WEIGHT TRAIN
Full Title: Periodized Weight Training
Last Reviewed: 3/9/2020

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: 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:
Periodization is a systematic, progressive weight training program that involves cycling through different phases of training in a planned time frame for optimal levels of adaptation and to prevent overtraining. Programs are designed based on intensity, volume, exercise order, rest periods, and workout frequency. Fitness assessments along with short term and long term goals will be developed to create and implement an appropriate training plan.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Periodization is a systematic, progressive weight training program that involves cycling through different phases of training in a planned time frame for optimal levels of adaptation and to prevent overtraining. Programs are designed based on intensity, volume, exercise order, rest periods, and workout frequency. Fitness assessments along with short term

and long term goals will be developed to create and implement an appropriate training plan. (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:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	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. Create, implement and perform a periodized training plan based on personal goals and fitness level.

Objectives:
1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper form and technique in use of weight training equipment.
3. Explain the use of specific muscle groups in relation to various weight training exercises.
4. Construct a personalized periodized training plan.
5. Create short and long term fitness goals.
6. Assess personal fitness level.
7. Explain proper safety considerations in training.
8. List and describe the principles of periodized training.
9. Implement and perform a periodized weight training program

Topics and Scope:

I. Basic musculo-skeletal anatomy
II. General weight training principles
  A. Orientation to equipment
    1. Machines
    2. Free weights
  B. Safety considerations for weight training exercises
  C. Technique, form, proprioception, and kinesthetic awareness

III. Exercise order and arrangement
A. Large vs. small muscle groups
B. Single joint vs. multi-joint exercises
IV. Types of muscular contraction
A. Concentric
B. Eccentric
C. Isometric
D. Isotonic
V. Fitness assessment
A. Baseline
B. Post-test
VI. Periodized Program Development (training plan)
A. Exercise selection
B. Linear, reverse linear, and non-linear (undulating)
C. Macrocyles, mesocycles, and microcycles.
D. Weight, sets, repetitions, intensity, tempo (training volume/load)
E. Rest periods
VII. Adaptations of periodized training
A. Endurance
B. Stability
C. Strength endurance
D. Hypertrophy
E. Maximal strength
F. Power
VIII. Program design based on goals
A. Body fat reduction
B. Increasing lean body mass (muscle)
C. Sport specific performance
IX. Specific Adaptions to Imposed Demands (SAID Principle)
X. Appropriate modifications and progressions based on fitness level

Optional Topics:
I. Cardiovascular Fitness
A. Heart rate
1. Resting heart rate
2. Maximum heart rate
3. Target heart rate
B. Rate of perceived exertion- beginning level 3-5 on a 0-10 scale
II. Core Training
III. Basic nutritional concepts
A. Healthy Eating
B. Pre and post workout meals
C. Critical evaluation of diets and supplements

Assignment:

1. Short term and long term goal setting
2. Development of a periodized weight training program
3. Fitness assessments
4. 1-3 exams or quizzes
5. Performance exams
6. Target heart rate calculation

7. Critique of diet or supplement

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, critique of diet or supplements	Writing 5 - 25%

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

Target Heart Rate Calculation, Periodized Weight Training Program Design	Problem solving 5 - 25%

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

Skill performance exam	Skill Demonstrations 5 - 25%

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

Multiple choice, True/false	Exams 15 - 30%

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

Participation and attendance	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials
Periodization Training for Sports, 2nd Edition. Bompa and Hafl. Human Kinetics: 2009 (Classic)