

**KFIT 12.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 12.1 Title: POWER LIFTING

Full Title: Power Lifting

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:**

This class is designed to provide an opportunity to power train. Students will develop an understanding of power lifting and how to implement it into a fitness plan. Power lifting is a system of heavy resistance and low repetition exercise that builds power in large muscle groups.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This class is designed to provide an opportunity to power train. Students will develop an understanding of power lifting and how to implement it into a fitness plan. Power lifting is a system of heavy resistance and low repetition exercise that builds power in large muscle groups. (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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 2013	Inactive:
<b>UC Transfer:</b>	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 power lifting techniques to safely and successfully engage in power lifting activities
2. Create and implement a progressive training program for power lifting

### **Objectives:**

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

1. Demonstrate proper skills/techniques and safety of power lifting
2. Identify muscle groups and explain their relationship to the various lifts
3. Explain and identify important warm up and stretching exercises for power lifting
4. Incorporate basic nutrition into power lifting
5. Developed a personalized power lifting program based on personal levels of fitness and goals

### **Topics and Scope:**

- I. Basic Muscular-Skeletal Anatomy of Major Muscle Groups
- II. General Power Lifting Principles
  - A. Technique and form including
    1. Squat
    2. Deadlift
    3. Bench Press
  - B. Safety
  - C. Warm up/stretching for power lifting
  - D. Care and use of equipment
  - E. Physiology and principles of training of strength, speed, and power
- III. Muscle Groups
  - A. Legs
    1. Quadriceps

- 2. Hamstrings
- 3. Gluteals
- 4. Gastrocnemius
- B. Chest
  - 1. Pectoralis Major
  - 2. Pectoralis Minor
- C. Shoulders
  - 1. Deltoids
  - 2. Rotator Cuff
- D. Back
  - 1. Trapezius
  - 2. Latissimus Dorsi
  - 3. Rhomboids
  - 4. Erector Spinae
- E. Core
  - 1. Rectus Abdominus
  - 2. External and Internal Obliques
  - 3. Transverse Abdominus
- IV. Basic Spotting Techniques
- V. Basic Nutritional Concepts in Relation to a Power Lifting Program
  - A. Pre workout meal
  - B. Post workout meal
- VI. Proper Progression of Technique for Various Power and Olympic Lifts
  - A. Foundational
  - B. Experienced
  - C. Advanced
- VII. Developing a Power Lifting Program
  - A. Program design
  - B. Rest periods
  - C. Power periodization
- VIII. Optional Training
  - A. Power cleans
  - B. Hip Sled
  - C. Sprint drills
  - D. Plyometric training
  - E. Spring and jump training

**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. Power lifting workouts
- 2. Development of personalized power lifting program
- 3. Identify personal power lifting goals
- 4. Demonstrate proper spotting technique
- 5. Written personal fitness assessment and progression tracking
- 6. Exam(s) and quiz(zes) (1-3)

**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.

Written assessment and progression tracking

Writing  
5 - 10%

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

Power lifting program design

Problem solving  
5 - 10%

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

Performance of power lifting exercises

Skill Demonstrations  
10 - 25%

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

Exam(s) and quiz(zes)

Exams  
15 - 20%

**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 as personalized power lifting program

Other Category  
40 - 60%

### **Representative Textbooks and Materials:**

Instructor prepared materials

Powerlifting. Austin, Dan and Mann, Bryan. Human Kinetics. 2012 (classic)