KFIT 8 Course Outline as of Summer 2022

CATALOG INFORMATION

Dept and Nbr: KFIT 8   Title: 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:
This introductory class is for first- time weight training students and will include an introduction to basic weight training techniques, fitness principles and nutrition.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This introductory class is for first- time weight training students and will include an introduction to basic weight training techniques, fitness principles and nutrition. (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. Understand 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 a weight lifting
IV. Measuring and monitoring your heart rate
V. Basic fitness principles

Assignment:

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

1. Weight lifting workouts
2. Development of a personalized weight lifting journal
3. Development of a personalized weight lifting program
4. Identify personal weight lifting goals

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 35 - 45%

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

None	Exams 0 - 0%

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 55 - 65%

Representative Textbooks and Materials:
Strength Training Anatomy. 3rd ed. Delavier, Frederic. Human Kinetics. 2010 (classic)
Instructor prepared materials