KFIT 8.1 Course Outline as of Fall 2023

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: 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:	PHYED 38

Catalog Description:
Students will perform weight lifting exercises to improve muscular strength and endurance. In addition to various weight lifting techniques, students will participate in other components of fitness.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will perform weight lifting exercises to improve muscular strength and endurance. In addition to various weight lifting techniques, students will participate in other components of fitness. (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:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Utilize weight room equipment and weight lifting techniques safely and effectively.
2. Apply basic nutritional concepts.
3. Apply weight training techniques for specific fitness and strength-related goals.

Objectives:
At the conclusion of this course, the student should be able to:
1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper skills in use of equipment and weight lifting techniques.
3. Implement 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. Developing a Personalized Weight Lifting Program
VII. Other Components of Physical Fitness

Assignment:

1. Weight lifting workouts/exercises
2. Development of a personalized weight lifting program
3. Identify personal weight lifting goals
4. Skill performance of exercises
5. Quizzes or exams

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.

Skill performance of exercises	Skill Demonstrations 25 - 40%

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

Quizzes or Exams	Exams 15 - 25%

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

Attendance and participation in class; development personalized weight lifting program; personal weight lifting goals	Other Category 40 - 60%

Representative Textbooks and Materials:
Strength Training Anatomy. 4th ed. Human Kinetics. 2022.
Instructor prepared materials