

**KFIT 8 Course Outline as of Fall 2024****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:**

Students will perform basic weight lifting exercises and will be introduced to basic techniques, fitness, and nutrition principles.

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

Description: Students will perform basic weight lifting exercises and will be introduced to basic techniques, fitness, and nutrition principles. (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:	Spring 2018	Inactive:
<b>UC Transfer:</b>	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. Describe 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 Weight Lifting Program

#### IV. Measuring and Monitoring Heart Rate

#### V. Basic Fitness Principles

- A. Muscular strength
- B. Muscular endurance
- C. Cardiovascular endurance
- D. Body Composition
- E. Flexibility

**Assignment:**

1. Weight lifting exercise performance
2. Participation of class workouts
2. Personalized weight lifting journal
3. Personalized weight lifting program
4. Identify personal weight lifting goals
5. Quiz(zes) or Exam(s)

**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.

Weight lifting exercise performance

Skill Demonstrations  
25 - 40%

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

Quiz(zes) or exam(s)

Exams  
15 - 25%

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

Personalized weight lifting journal; personalized weight lifting program; personal weight lifting goals; attendance and participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Strength Training Anatomy. 4th ed. Delavier, Frederic. Human Kinetics. 2022.  
Instructor prepared materials