

**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:**

<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. 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