

**KFIT 10.1 Course Outline as of Fall 2013****CATALOG INFORMATION**

Dept and Nbr: KFIT 10.1 Title: RESISTANCE TRAINING

Full Title: Resistance Training

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: 0.00

Total Student Learning Hours: 52.50

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 course utilizes muscular strength and endurance training using a variety of modalities and equipment including but not limited to: machines, free weights, bars, exercise tubes, medicine balls, body weight, stability balls, and cables.

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

Description: This course utilizes muscular strength and endurance training using a variety of modalities and equipment including but not limited to: machines, free weights, bars, exercise tubes, medicine balls, body weight, stability balls, and cables. (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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

1. Identify basic musculo-skeletal anatomy and muscle actions
2. Demonstrate proper form and technique in use of all resistance training equipment
3. Explain the use of specific muscle groups in relation to various resistance exercises
4. Construct an individualized resistance training plan
5. Create short and long term fitness goals
6. Assess personal fitness level
7. Explain proper safety considerations in resistance training
8. Explain modifications, progressions, and regressions for resistance training exercises

### **Topics and Scope:**

- I. Basic musculo-skeletal anatomy
- II. Orientation to equipment
  - A. Machines
  - B. Free weights
  - C. Stability balls
  - D. Medicine balls
  - E. Exercise bands and tubes
  - F. Bars
  - G. Cables
- III. Proper body mechanics, technique, form and safety considerations for resistance exercises
- IV. Types of muscular actions
  - A. Concentric
  - B. Eccentric
  - C. Isometric
  - D. Isotonic
- V. Fitness assessment
  - A. Baseline
  - B. Post-test

VI. Program design based on fitness level and goals

- A. Body fat reduction
- B. Increasing lean body mass (muscle)
- C. Sport specific performance
- D. Muscular strength and endurance

VII. Appropriate modifications and progressions based on fitness level

VIII. Core training exercises

**Assignment:**

1. Short term and long term goal setting (2 - 4 per semester, 1 - 2 pages each)
2. Development of a resistance training program
3. Fitness assessments
4. 1-3 exams or quizzes
5. Performance exam(s) (1 - 3)
6. Fitness journal (1 entry per week)
7. 1-2 hours of exercise outside of class per week

**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.

Short term and long term goals, fitness journal/record

Writing  
5 - 25%

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

Resistance Training Program Design

Problem solving  
5 - 25%

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

Performance exams, fitness assessments

Skill Demonstrations  
5 - 25%

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

Exams, Quizzes

Exams  
15 - 30%

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

Participation and attendance, outside exercise

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Fitness Illustrated, 1st Edition. Brian Sharkey. Human Kinetics: 2011  
Instructor prepared materials

