

KFIT 8.2 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 8.2

Title: INTERMED WEIGHT TRAINING

Full Title: Intermediate Weight 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: 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:**  
Intermediate weight training for the purpose of establishing and building muscular strength and fitness. In addition to various weight training techniques, this class may also include cardiovascular and core strengthening workouts.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Intermediate weight training for the purpose of establishing and building muscular strength and fitness. In addition to various weight training techniques, this class may also include cardiovascular and core strengthening workouts. (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 2014	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2014	Inactive:
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**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. Demonstrate independent intermediate use of weight room equipment and weight training techniques to safely and successfully engage in an intermediate level weight training program.

### **Objectives:**

1. Identify musculoskeletal anatomy in relation to intermediate weight training exercises.
2. Demonstrate proper skills in use of equipment for intermediate weight training techniques.
3. Explain muscle actions in relation to various intermediate weight training exercises.
4. Construct personalized intermediate level weight training programs based on analysis of personal levels of fitness and goals.
5. Explain proper safety considerations of intermediate level weight training.

### **Topics and Scope:**

- I. Musculo-skeletal anatomy of major muscle groups for intermediate weight training
- II. General intermediate weight training principles:
  - A. Proper use of equipment
  - B. Technique and form
  - C. Safety
- III. Muscle Groups:
  - A. Legs
  - B. Chest
  - C. Arms
  - D. Back
  - E. Core
- IV. Intermediate understanding of fitness goal prescriptions
  - A. Strength
  - B. Hypertrophy
  - C. Endurance

- D. Power
  - E. Frequency
  - F. Intensity
  - G. Volume
  - V. Developing an intermediate level weight training program.
    - A. Individual base fitness levels
    - B. Individual fitness goals
- Optional Topics:
- I. Cardiovascular Fitness
  - II. Core Training
  - III. Heart rate and how it relates to different levels of fitness
    - A. Maximum heart rate
    - B. Target heart rate
  - IV. Nutritional concepts in relation to a weight training program

### Assignment:

In-class assignments:

1. Intermediate weight training workouts
2. Development of a personalized intermediate level weight training program
3. Identify personal intermediate level weight training goals
4. Quizzes and exams (3-5/semester)

### 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 intermediate weight training exercises

Skill Demonstrations  
25 - 40%

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

Multiple choice, True/false

Exams  
15 - 25%

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

Participation and attendance in class, the completion of out of class workouts, and the development of a personalized weight lifting program

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Instructor prepared materials

Fundamental Weight Training, David Sandler, Human Kinetics, 2013.