

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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Spring 2018	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 2018	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. 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