



KIN 23 - Weight Training I

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental techniques of weight training. Students will engage in individualized exercise programs with emphasis placed on the development of muscle strength, muscle endurance and flexibility. Instruction will include identification and proper technique for lifts specific to muscle groups to ensure safe fitness training.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate the techniques of weight training specific to bench press, squat, pull ups, and dead lift.
2. demonstrate proper safety techniques including spotting, racking weights, and selection of weights for an individual workout.
3. demonstrate proper weight room etiquette as it applies to appropriate clothing, appropriate footwear, and the use of equipment.
4. identify the benefits of weight training to promote life-long fitness.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Orientation		3.00
Introduction to Weight Room Machines and Free Weights		6.00
Safety Procedures and Proper Spotting Techniques		6.00
Discuss and Perform Different Types of Lifting Programs		12.00
Discuss and Demonstrate Over-Training and Over-Use		3.00
Individual Training Programs		12.00
Group Training Programs		9.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read the handout on muscle anatomy and the physiological effects of weight training. Be prepared to discuss findings in class.
2. Research an article about safety issues associated with weight training and present findings in a short write.

Writing Assignments

1. Write a 6 week individual workout plan that focuses on muscular strength, muscle endurance, or muscle tone.
2. Maintain a semester long journal documenting your progress and fitness gains.

Out-of-Class Assignments

1. Visit a local health club observing the different workouts being performed by members along with the different equipment being used.
Be prepared to demonstrate three new exercises observed.
2. Interview a professional currently working in the fitness field to discuss current trends, educational background, and job opportunities.
Report your interview results in a 1-page essay.

Recommended Materials of Instruction

Fleck, Steven and Kraemer, William. (2014). Designing Resistance Training Programs. *Human Kinetics, 4th*.

Other Learning Materials

The student will be required to provide:

- a. Athletic apparel
- b. Athletic shoes

Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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Date: 03/10/2025