



Course Outline

2026-2027 Catalog

KIN 24 - Weight Training II

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 builds upon the foundation of basic weight training by examining different styles and muscle specificity to individualized programs. Components of fitness will be emphasized including muscular strength, muscular endurance, flexibility, and body composition. Students will learn weight training guidelines for general fitness, sport performance, and bodybuilding.

Objectives

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

1. demonstrate the techniques of weight training specific to the overhead squat, push press, and alternating dumbbell bench press.
2. differentiate between weight training specific workouts for sport performance, bodybuilding, and general fitness.
3. identify the benefits of different weight training styles such as crossfit, circuit training, stability balls, exercise bands, and core training.
4. demonstrate the proper safety techniques for advanced weight training exercises.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Orientation and Introduction		2.00
Program Development: Free Weights vs. Machines		4.00
Weight Room Safety Procedures and Advanced Spotting Techniques		8.00
Lifting Programs: Circuit, Crossfit, Muscular Strength, Muscular Endurance, Core, and Flexibility		8.00
Recognize and Discuss the difference between Over-Training and Over-Use		1.00
General Fitness Program Design and Implementation		12.00
Sports Performance Program Design and Implementation		8.00
Bodybuilding Program Design and Implementation		8.00
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. Projects
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Research a sport specific weight training program and be prepared to discuss in class the types of workout, the macro or micro cycle, and the expected results.
2. Read an article on nutrition and dietary supplements for bodybuilding. Be prepared to discuss in small groups your findings.

Writing Assignments

1. Write a 2-page essay on the pros and cons of steroid use. Address the history, physical implications, and overall health.

2. Design a six week program specific to sport performance, bodybuilding, or general fitness. Perform your program and report your results in a 1-page essay.

Out-of-Class Assignments

1. Interview a Personal Trainer or Strength and Conditioning Coach, asking for information on their philosophy of weight training. Be sure to request information about individualized programs, goals, and success rates. Be prepared to discuss in class.
2. 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.

Recommended Materials of Instruction

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

Other Learning Materials

- a.) Athletic Apparel
- b.) Athletic Shoes

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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