

KIN R146A: WEIGHT TRAINING AND CONDITIONING I

Originator

dfrehlich

College

Oxnard College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

R146A

Course Title (CB02)

Weight Training and Conditioning I

Banner/Short Title

Weight Training & Cond I

Credit Type

Credit

Start Term

Fall 2021

Formerly

PE R150A - Weight/Training/Conditioning I

Catalog Course Description

This course focuses on the development of basic skills, coordination, muscular tone, and strength through the use of weight machines and free weights. Cardiovascular conditioning and nutrition are also emphasized. Transfer credit: CSU;UC.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

Letter Graded

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | Correctly perform basic weight training exercises on machines and with free weights |
| 2 | Apply basic elements of nutrition in creating balanced meals that lead to lowering body weight |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|----|---|
| 1 | Explain flexibility, muscle tone, strength and endurance |
| 2 | Wear proper attire for safety purposes |
| 3 | Establish training goals based on individual needs such as: cardiovascular conditioning, power lifting, weight loss, and endurance building |
| 4 | Analyze exercise routines to ensure a balanced program through agonist/antagonist muscle movements |
| 5 | Evaluate "max" testing results and compare previous results to deduce new workout weight for each individual exercise in program routine |
| 6 | Compare and contrast the free weights and weight training machines by incorporating both modes in individual workout routine |
| 7 | Analyze improved skills and techniques |
| 8 | Demonstrate safety procedures to avoid injuries |
| 9 | Explain the cardiorespiratory system and the benefits of exercising |
| 10 | Apply basic elements of nutrition in creating balanced meals that lead to lowering body weight |
| 11 | Demonstrate proper spotting techniques |
| 12 | Identify positive benefits to pursue weight training as a life-long program for health and wellness |
| 13 | Perform basic weight training exercises on machines and with free weights |

Course Content**Lecture/Course Content**

1. Orientation
 - a. Proper work-out clothes
 - b. Safety while using equipment
 - c. Proper use of weight training equipment
 - d. Proper use of cardio equipment
2. The biomechanics of resistance exercises

- a. Muscular synergy
- b. Musculoskeletal system
- c. Sources of resistance to muscle contraction
- d. Joint biomechanics
- e. Concerns in lifting
- f. Movement analysis
- g. Exercise prescription
3. Evaluations of body composition
 - a. Hydrostatic weighing
 - b. Skin-fold thickness measurement
 - c. Girth measurements
4. Work-out program
 - a. Basic warm up and cool down routine
 - b. Appropriate methods of warming the muscles with calisthenics prior to weight training
 - c. Conditioning routine designed to strengthen core muscles
 - d. Exercises designed to prepare the student for weight training
 - e. A cool down routine
5. Developing flexibility
 - a. Assessing flexibility
 - b. FITT principle
 - c. Stretching techniques: static, ballistic, dynamic and proprioceptive neuromuscular facilitation (PNF)
6. Cardiovascular and respiratory anatomy and physiology: response to exercise
 - a. Cardiovascular anatomy and physiology
 - b. Respiratory anatomy
7. Develop cardiorespiratory conditioning and fitness based on individual needs
 - a. Stationary bike
 - b. Pre-core or elliptical equipment
 - c. Tread mill
8. Basic weight training exercises
 - a. Chest: flat bench press and incline dumbbell bench press
 - b. Back: bent-over-row, lat pull-down and seated row
 - c. Shoulders: seated shoulder press, machine shoulder press and upright row
 - d. Biceps: biceps curl and hammer curl
 - e. Triceps: lying triceps extension and triceps pushdown
 - f. Forearms: wrist curl and wrist extension
 - g. Hips/thighs: back squat, front squat, forward lunges, dead-lift, leg extensions and leg curls
 - h. Calves: seated calve machine and heel raises
9. Principles and methods of weight training
 - a. Strength
 - b. Toning
 - c. Conditioning
 - d. Cardiovascular
10. Spotting free-weight exercises
 - a. Hand grip and body and limb positioning and posture
 - b. Kinetic awareness
 - c. Range of motion
 - d. Speed
 - e. Breathing considerations
 - f. Weight belt
 - g. Over-the-face and overhead exercises
 - h. Use of a liftoff
 - i. Amount and timing of spotting assistance
 - j. Number of spotters
 - k. Alignment
11. Weight training techniques
 - a. Lifting techniques for free weights
 - b. Lifting techniques for each exercise machine

- c. Use of dumbbells for additional exercise options
 - d. Weight training routine designed to tone and sculpt the body
12. Procedure for one repetition max
 - a. Set and repetition guidelines
 - b. Pyramid training
 - c. Negative training
 - d. Computation of specific exercise workout weight
 13. Training for major muscle groups
 - a. Specific machines for each group
 - b. Individual technique for each group
 14. Progress evaluations
 - a. Workout journal
 - b. Dietary journal
 - c. Muscle endurance
 - d. Muscle strength
 15. Discuss basic concepts
 - a. Exercise recommendations
 - b. Nutrition
 - i. Dietary recommendations
 - ii. Food guide pyramid
 - iii. Nutritional labeling
 - iv. Supplements
 - v. Macro nutrients
 - vi. Micro nutrients
 - c. Healthy eating behavior
 - d. Body image
 - e. Stress management
 - f. Weight management
 - g. Metabolic energy systems
 - h. Lifelong fitness
 - i. Enhanced well-being
 16. Weight control
 - a. Healthy body weight
 - b. Body fat distribution
 - c. Caloric intake and body weight
 - d. Weight gain
 - e. Weight loss
 - f. Behavior modification
 17. Overweight and obesity
 - a. Body fat distribution
 - b. Health concerns
 - c. Family history
 - d. Determinants of obesity
 - e. Treatment
 18. Eating disorders
 - a. Anorexia nervosa
 - b. Bulimia
 - c. Treatment

Laboratory or Activity Content

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 - a. Proper work-out clothes
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 - a. Muscular synergy
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- c. Sources of resistance to muscle contraction
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- e. Concerns in lifting
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 15. Nutrition and exercise recommendations
 - a. Dietary recommendations
 - b. Food guide pyramid
 - c. Nutritional labeling
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 - e. Macro nutrients
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 - b. Bulimia
 - c. Treatment

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Individual projects
Journals
Oral analysis/critiques
Projects
Quizzes
Skills demonstrations
Skill tests

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Distance Education
Demonstrations
Instructor-guided interpretation and analysis

Lecture

Describe specific examples of the methods the instructor will use:

1. Physical demonstration and explanation of how to use weight training equipment by the instructor
2. Physical demonstration of how to perform weight training exercises by the instructor
3. Lecture on Components of Physical Fitness, Muscular Hypertrophy
4. Instructor-led training conditioning
5. Presentation of written articles by professionals in the field of weight training
6. Media demonstrating weight training mechanics

Representative Course Assignments

Writing Assignments

1. Wellness sheets on topics related to weight training, health and fitness

Critical Thinking Assignments

1. Assess fitness level, then use principles of program design to formulate a training program to increase muscular strength and/or endurance.

Reading Assignments

None

Skills Demonstrations

1. Basic weight training exercises
2. Principles and methods of weight training
3. Spotting free-weight exercises

Other assignments (if applicable)

1. None

Outside Assignments

Articulation

Comparable Courses within the VCCCD

KIN M31 - Body Conditioning/Fitness

KIN V26 - Weight Training and Conditioning: Free Weights

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies**CSU GE-Breadth****Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****E Lifelong Learning and Self-Development**

Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Other Instructional Materials

Description

Stretch bands.

Resource Type

Other Instructional Materials

Description

Weighted balls (medicine balls).

Resource Type

Textbook

Classic Textbook

No

DescriptionHuman Kinetics. (2021) *Science and Development of Muscle Hypertrophy Print CE Course-2nd Edition*. Human Kinetics. Champaign, IL.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Discussions on videos Quizzes on readings Journal entries Peer reviews of assignments Self-paced workouts
E-mail	Frequent communication with students for class updates and assignments Weekly announcements and feedback

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Discussions on videos Quizzes on readings Journal entries Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.

Other DE (e.g., recorded lectures) A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.

Synchronous Dialog (e.g., online chat) A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

100% online Modality:

Method of Instruction

Document typical activities or assignments for each method of instruction

Asynchronous Dialog (e.g., discussion board) Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.

E-mail E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.

Other DE (e.g., recorded lectures) A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.

Synchronous Dialog (e.g., online chat) A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

Video Conferencing Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.

Face to Face (by student request; cannot be required) The instructor may hold regularly scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form "study groups" in person or online.

Examinations

Hybrid (1%–50% online) Modality

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

09/05/2020

Dean

09/07/2020

Technical Review

10/14/2020

Curriculum Committee

10/14/2020

Curriculum Committee

12/09/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000556639

DOE/accreditation approval date

MM/DD/YYYY