

# KIN 152: WEIGHT TRAINING

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course is designed to develop both the large and small group skeletal muscles through a program of weight lifting, circuit training, power lifting, Olympic lifting, and conditioning. 18 lecture hours, 18 lab hours.

## Course Objectives

- demonstrate improvement in physical strength, endurance, and cardiovascular efficiency
- analyze and apply cardiovascular strategies with weight and resistance training
- formulate, assess and improve individual physical weaknesses and strengths as well as a plan to improve on them
- exhibit proper lifting mechanics and techniques

## Major Course Content

1. Warm-up/cool-down
2. Flexibility Exercises
  - a. Passive range of motion exercises
  - b. Active range of motion exercises
3. Endurance Activities
  - a. Bicycle ergometers
  - b. Rowing machines
  - c. Treadmills
  - d. Circuit Training
4. Strengthening Activities
  - a. Weight machines
  - b. Free weights
  - c. Calisthenics
  - d. Kettle Bells
  - e. TRX bands
5. Body Mechanics in Lifting Weights

## Lab Content

1. Practice Skills
  - a. Use of light weights to learn technique on weight machines
  - b. Use of barbells only to learn technique on free weights
  - c. Cardiovascular circuit and conditioning exercises
2. Workout program
  - a. Develop workout chart to show increases in weight resistance, sets, and repetitions
  - b. Monitor progress
3. Lab assessment
  - a. Pre and post test of maximum lift of various exercises

## Suggested Reading Other Than Required Textbook

Instructor Handouts

## Examples of Required Writing Assignments

Explain why free weights are better for developing explosive strength as opposed to weight machines.

## Examples of Outside Assignments

Implement a weight training program for large muscle groups utilizing a minimum of 10 lifting techniques.

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab