KIN A108: STRENGTH AND CONDITIONING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-3 Total Units
Hours	18-108 Total Hours (Lecture Hours 4.5-27; Lab Hours 13.5-81)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	Yes
Grading Policy	Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Individual strength and conditioning programs. Workouts must be done in the Fitness Complex. Students are required to attend a one-hour orientation. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Demonstrate proper technique of weight lifting/strength training exercises.
2. Demonstrate the ability to monitor, maintain and modify a strength training program.
3. Demonstrate increased muscular strength and conditioning.

Course Objectives

- 1. Knowledge by observing and participating in activities that improve long term fitness.
- 2. Demonstrate goal setting capabilities based on individual's needs and knowledge by effectively planning an individual?s strength and conditioning program.
- 3. Develop a personal progressive resistance exercise program.
- 4. Develop muscular fitness and improve body composition.
- 5. Identify and perform methods of improvement for flexibility.
- 6. Learn about the effectiveness of individual strength and conditioning programs.
- 7. Develop fitness based on a beginner?s level of machine-based exercises.
- 8. Identify safety technique on machine- based weight training equipment appropriate for a beginner in strength training.

Lecture Content

I. Introduction A. Policies and Procedures B. Operation - Training schedule, homework, seminars C. Orientation - Course description, fitness contracts, journals D. Facility and equipment, lab layout, training modalities E. Safety and technique fundamentals, lab rules, regulations using equipment safely, lifting spotting fundamentalsLab Introduction to equipment Development of basic programII. Principles of Muscular Training Programs Fitness components A. Muscular Strength B. Muscular Endurance C. Flexibility D. Body CompositionIII. Evaluation of Fitness Programs Evaluation of: 1. Muscle Strength ; 2. Muscle Endurance 3. Flexibility 4. Body Composition Through General Fitness Evaluation Pre Test and Post TestSkills are enhanced by supervised repetition and practice within class periods and active participatory experience is the basic means by which learning objectives are obtained.

Lab Content

Facility and equipment lab layout training modalities Safety and technique fundamentals lab rules regulations using equipment safely lifting spotting fundamentals Introduction to equipment Development of basic program

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture: Provide informational base and give direction to program development process Seminar/discussions: Small group lessons and exercises Individual/small groups: Skills, fundamentals, technique demonstrations

Reading Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Writing Assignments

Journals - written record of training program Lab reports - written lab questionnaire Essay - summary of program methodology, procedural progress

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Essay - summary of program methodology, procedural progress

Required Writing, Problem Solving, Skills Demonstration

Journals - written record of training program Lab reports - written lab questionnaire Essay - summary of program methodology, procedural progress

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's

degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.