

# KIN M32: BODY CONDITIONING/FREE WEIGHTS

**Originator**

ablack

**Co-Contributor(s)**
**Name(s)**

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**College**

Moorpark College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

M32

**Course Title (CB02)**

Body Conditioning/Free Weights

**Banner/Short Title**

Body Conditioning/Free Weights

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

PE M02B

**Catalog Course Description**

Introduces muscular conditioning, emphasizing muscular endurance, strength, and size improvements. Incorporates the use of a variety of resistance training systems and equipment to enhance flexibility, balance training, coordination, and body composition management.

**Additional Catalog Notes**

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

**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**

(L) Letter Graded

**Alternate grading methods**

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

**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 | show improvement in muscle strength by increasing weight in bench press and back squat exercise. |
| 2 | demonstrate appropriate use of dumbbells and barbells in various exercises.                      |

**Course Objectives**

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

- |   |  |
|---|--|
| 1 | practice and apply a physical fitness program which includes muscular strength, muscular endurance, muscular hypertrophy, flexibility, balance training, improvements in coordination and body composition management. |
| 2 | apply proper lifting, breathing, and spotting techniques associated with a variety of resistance training exercises.   |
| 3 | design a comprehensive weight training program that will successfully meet their physical needs and goals.   |
| 4 | evaluate and adjust weight training programs, using exercise science principles to optimize improvement in muscular strength, hypertrophy, and endurance using a variety of training systems.                          |
| 5 | define and apply to their exercise program the principles of: repetition, set, rest period, tempo, volume, path of motion, range of motion, specificity, overload, periodization, and progression resistance.          |
| 6 | differentiate between weight training systems using split routines, peripheral heart actions, supersets, circuits, and compound sets.  |
| 7 | describe the function and importance of metabolic energy systems and nutrition in developing and maintaining lifelong health and well being.   |
| 8 | demonstrate proper weight room etiquette and safety.   |

## Course Content

### Lecture/Course Content

N/A

### Laboratory or Activity Content

1. (10%) Training equipment and machines
2. (10%) Core kinesiology concepts and principles: basic anatomy, bioenergetics, specificity, overload, progression, motor learning and modification for individual needs
3. (10%) Execute core training exercises
4. (10%) Execute an exercise routine that targets cardiovascular fitness, muscular strength and endurance, body composition, and flexibility
5. (10%) Execute proper technique and safety practices when using all equipment
6. (10%) Development of a healthy body composition
7. (10%) Flexibility training
8. (10%) Muscular strength and endurance training
9. (10%) Cardiovascular (aerobic) fitness training
10. (10%) Maintain a journal to track improvement

## Methods of Evaluation

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

Problem solving exercises  
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):**

Classroom Discussion  
Individual projects  
Journals  
Oral analysis/critiques  
Oral presentations  
Participation  
Portfolios  
Reports/Papers/Journals  
Skills demonstrations  
Skill tests or practical examinations

## Instructional Methodology

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

Audio-visual presentations  
Class activities  
Class discussions  
Distance Education  
Demonstrations  
Group discussions  
Instructor-guided interpretation and analysis  
Instructor-guided use of technology  
Small group activities

**Describe specific examples of the methods the instructor will use:**

1. The instructor will provide specific feedback to improve exercise technique and promote safety.
2. The instructor will post discussions for students to engage in with other classmates.

## Representative Course Assignments

### Writing Assignments

1. Maintain a personal exercise journal recording free weight training exercises completed including the amount of weight used in each exercise.
2. Write a report on improving muscle strength and hypertrophy.

### Critical Thinking Assignments

1. Develop appropriate and specific individual free weight training goals.
2. Provide self-evaluation of progress towards free weight training goals.

### Reading Assignments

1. Read articles chosen by the instructor regarding free weight training exercises that are specific to muscle strengthening and endurance.
2. Read articles chosen by the instructor regarding proper nutrition for muscle hypertrophy.

### Skills Demonstrations

1. Demonstrate proficiency in various triple extensions exercises such as a barbell squat, goblet squat, or dead lift.
2. Demonstrate proficiency in various exercises that promote the anterior muscle chain such as barbell bench press and dumbbell bicep curls.

## Outside Assignments

### Articulation

#### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
Cal Poly Pomona	KIN 1570A	Training with Free Weights	1
San Diego State	ENS 104A	Weight Training	1
CSU San Bernardino	KINE 1140D	Physical Fitness and Conditioning Activities: Weight Training	1

#### Comparable Courses within the VCCCD

KIN V26 - Weight Training and Conditioning: Free Weights  
PE R150 - Weight Training/Conditioning

#### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Santa Barbara City College	PE 144A	Weight Training: Beginning	1.5

## 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

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

F1995

### 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

**Area F: Ethnic Studies**

**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**

### UC TCA

UC TCA

Approved

### 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

Textbook

Description

Haff, G. Gregory and N. Travis Triplett. *Essentials of strength training and conditioning*. 4th ed., Human Kinetics, 2016.

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Resource Type

Textbook

**Description**

Fahey, Thomas. *Basic Weight Training for Men and Women*. 8th ed., McGraw-Hill, 2012.

**Resource Type**

Textbook

**Description**

Hesson, James L. *Weight Training for Life*. 10th ed., Cengage Learning, 2011.

**Resource Type**

Other Resource Type

**Description**

dotFIT: <http://www.dotfit.com/>

Website devoted to providing free fitness and nutrition advice, issues in fitness and sports, as well as the evaluation of fitness and exercise programs.

**Resource Type**

Other Resource Type

**Description**

United States Dept. of Agriculture: <https://www.usda.gov/topics/food-and-nutrition>.

Description: The site provided trust-worthy information on food and nutrition as well as food health and safety.

**Library Resources****Assignments requiring library resources**

Utilize the Moorpark College Library's databases to locate journal articles on fitness.

**Sufficient Library Resources exist**

Yes

**Example of Assignments Requiring Library Resources**

Acquire background information on topics relevant to the course by reading current articles in health and fitness periodicals located through the Library's print and online resources.

**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)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week with in a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may be available on a certain day or days of the week with in a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other videoconferencing tool.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.

### Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
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**100% online Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
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**Examinations**

**Hybrid (1%–50% online) Modality**

- Online
- On campus

**Hybrid (51%–99% online) Modality**

- Online
- On campus

**Primary Minimum Qualification**

PHYSICAL EDUCATION

## **Review and Approval Dates**

**Department Chair**

10/10/2020

**Dean**

10/14/2020

**Technical Review**

10/29/2020

**Curriculum Committee**

11/3/2020

**DTRW-I**

MM/DD/YYYY

**Curriculum Committee**

MM/DD/YYYY

**Board**

MM/DD/YYYY

**CCCCO**

11/23/2020

**Control Number**

CCC000522768

**DOE/accreditation approval date**

MM/DD/YYYY