

KIN M33: POWER LIFTING/FREE WEIGHTS

Originator

vmanakas

Co-Contributor(s)
Name(s)

Black, Adam (ablack)

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M33

Course Title (CB02)

Power Lifting/Free Weights

Banner/Short Title

Power Lifting/Free Weights

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M08

Catalog Course Description

Builds strength, power and bulk; exercises center on the development of core strength and multi-joint power lifts. Emphasizes, in the conditioning phase, the development of agility, quickness, coordination, balance and speed through the implementation of competitive drills and routines.

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 demonstrate proper lifting, breathing, and spotting techniques associated with a variety of resistance training exercises.
- 2 demonstrate proficiency in power lifting exercises such military press, pull-ups, or reverse rows.

Course Objectives

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

- 1 develop and apply a training program which includes muscular strength, muscular endurance, muscular hypertrophy, power, flexibility, balance training, improvements in coordination and body composition management.
- 2 develop a comprehensive weight training program that will successfully meet their physical needs and goals.
- 3 monitor and adjust weight training programs, using exercise science principles to optimize improvement in muscular strength, hypertrophy, and endurance using a variety of training systems.
- 4 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.
- 5 differentiate between weight training systems using split routines, peripheral heart actions, supersets, circuits, compound sets and power sets.>
- 6 describe the function and importance of nutrition in exercise performance, health, and body composition.
- 7 demonstrate proper weight room etiquette and safety.

Course Content

Lecture/Course Content

1. (25%) Proper techniques for various exercises.
2. (25%) Steps to identify an appropriate goal.
3. (25%) Steps to create a personalized program.
4. (25%) Appropriate nutrition for weight management and goal achievement.

Laboratory or Activity Content

1. (20%) Components of fitness, weight room organization, stress adaptation, training guidelines, and proper lifting mechanics
2. (20%) Workouts using split routines, peripheral heart action, supersets, circuit, compound sets, and multi-joint power lifts
3. (20%) Training in different planes of motion and stability development
4. (20%) Weight room etiquette, partner training principles, and safety guidelines
5. (20%) Training for endurance, strength, power, and hypertrophy

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):

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. Journals will be used to track progress or performance.
2. Assess proper technique of skill execution for each student.

Representative Course Assignments

Writing Assignments

1. Maintain a personal exercise journal recording types of power lifting exercises used in weekly regimen.
2. Write a report on various power lifting exercises and its benefits.

Critical Thinking Assignments

1. Develop appropriate and specific individual power lifting goals.
2. Provide self-evaluation of progress towards fitness goals.
3. Develop an individualized power lifting program.

Reading Assignments

1. Read articles chosen by the instructor regarding various power lifting programs.
2. Read articles chosen by the instructor on creating personalized power lifting programs.

Skills Demonstrations

1. Demonstrate appropriate communication cues during workout with a partner to ensure safety.
2. Demonstrate proficiency and improvement in the bench press exercise by increasing load over time.

Outside Assignments

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Long Beach	KIN 151A	Weight Training & Conditioning I	1
CSU San Bernardino	KINE 1140D	Physical Fitness and Conditioning Activities: Weight Training	1

Comparable Courses within the VCCCD

- KIN V32 - Power Body Building: Athletes
- PE M08 - Power Lift/Free Weights
- PE R107 - Power Lifting and Free Weights

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Modesto Junior College	PEC 191	Powerlifting	1

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

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

Resource Type

Textbook

Description

dos Remedios, Robert. *Men's Health Power Training: Building Bigger, Stronger Muscles through Performance-Based Conditioning*. Rodale, 2007.

Resource Type

Textbook

Description

Sandler, David. *Fundamental Weight Training*. Human Kinetics, 2010.

Library Resources

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.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using EBSCOhost, locate and analyze articles discussing muscular hypertrophy.

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.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Video Conferencing	Instructor may be available on a certain day or days of the week within 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 video conferencing tool.
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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

09/30/2020

Dean

10/21/2020

Technical Review

10/30/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

11/3/2020

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000522765

DOE/accreditation approval date

MM/DD/YYYY