



**COURSE OUTLINE : KIN 167**  
**D Credit – Degree Applicable**  
**COURSE ID 010174**  
**Cyclical Review: February 2019**

**COURSE DISCIPLINE : KIN**

**COURSE NUMBER : 167**

**COURSE TITLE (FULL) : Weight Training and Conditioning I**

**COURSE TITLE (SHORT) : Weight Training & Conditioning I**

**CATALOG DESCRIPTION**

KIN 167 is an introduction to basic weight training which introduces theories of proper body alignment and basic movement principles during activities of daily life, work, and light physical activity. Instruction includes choosing appropriate resistance exercises for major muscle groups and designing a resistance and cardiovascular program to meet health-related fitness goals. Prevention and correction of postural problems is emphasized. Note: This course may not be taken for credit by students who have successfully completed KIN 166.

Total Lecture Units:1.50

Total Laboratory Units: 0.00

**Total Course Units: 1.50**

Total Lecture Hours:27.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 27.00**

**Total Out-of-Class Hours: 54.00**

**Recommended Corequisite:** PE 101 or PE 102 or PE 103 or PE 104 or ATHPE 100.



**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1	PE	101	Wellness And Fitness	Evaluate their level of fitness with regard to four major areas of health-related fitness: body composition, cardiovascular efficiency, muscular toning, and flexibility;	Yes
2	PE	101	Wellness And Fitness	identify areas of personal cardiovascular fitness needing improvement;	Yes
9	PE	102	Cardiovascular Fitness	create an individual fitness program leading to improved cardiovascular fitness;	Yes
11	PE	103	Weight Training and Conditioning - Lab	demonstrate proper body mechanics;	Yes
12	PE	103	Weight Training and Conditioning - Lab	apply proper lifting techniques;	Yes
17	PE	104	Intermediate Weight Training and Conditioning - Lab	analyze positive lifestyle habits with regard to exercise and its relationship to nutrition, weight control, and stress management;	Yes

**EXIT STANDARDS**

- 1 Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness;
- 2 explain the significance of body awareness related to proper body mechanics;
- 3 explain how core strength, posture and proper form promote health and prevent injuries;
- 4 demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises;
- 5 identify appropriate resistance exercises to train major muscle groups;
- 6 identify errors of posture during activities of life and workplace body mechanics;
- 7 describe the principles of fitness;
- 8 design a personalized exercise program to achieve health-related fitness goals;
- 9 identify appropriate exercises for enhancement of core stability.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate proper form during basic resistance exercises
- 2 discuss proper technique for injury prevention
- 3 design a weight training and conditioning program to meet health-related fitness goals



**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Anatomy and Physiology Overview <ul style="list-style-type: none"> <li>• Body alignment and posture</li> <li>• Joint ranges of motion</li> <li>• Major muscle groups</li> </ul>	9	0	9
2	Kinesiology Overview <ul style="list-style-type: none"> <li>• Spatial awareness (mind-body interaction)</li> <li>• Planes of motion</li> <li>• Types of muscle contraction</li> <li>• Principles of fitness</li> <li>• Progressive overload</li> <li>• Specificity</li> <li>• Individuality</li> <li>• Reversibility</li> <li>• Designing a training program based on individual goals</li> </ul>	6	0	6
3	Prevention of Common Weight Training Injuries <ul style="list-style-type: none"> <li>• Back pain</li> <li>• Osteoarthritis</li> <li>• Repetitive stress injuries</li> <li>• Muscular imbalances</li> <li>• Posterior chain development</li> <li>• Core endurance</li> <li>• Proper form for resistance exercises</li> <li>• Common postural distortions</li> <li>• Common form errors and corrections</li> </ul>	6	0	6
4	Fitness testing and programming <ul style="list-style-type: none"> <li>• Muscular strength</li> <li>• Muscular endurance</li> <li>• Cardiorespiratory endurance</li> <li>• Flexibility</li> <li>• Body composition</li> <li>• Goal setting</li> <li>• Recovery</li> <li>• Nutritional considerations for exercise</li> </ul>	6	0	6
				<b>27</b>



**OUT OF CLASS ASSIGNMENTS**

- 1 case studies (e.g. program design for specific fitness goals)
- 2 journals (e.g. log tracking exercises, sets, reps completed and amount of weight lifted during workouts)

**METHODS OF EVALUATION**

- 1 quizzes
- 2 worksheets (e.g. calculate target heart rate range using the Karvonen formula)
- 3 self-evaluation (e.g. comparison of pre-term and post-term fitness test outcomes)
- 4 paper (e.g. summary of a popular exercise training technique)
- 5 midterm exam
- 6 final exam

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Strength Training	Supplemental	Human Kinetics	2		Lee Brown	9781492522089	2017