



COURSE OUTLINE : KIN 168
D Credit – Degree Applicable
COURSE ID 010175
Cyclical Review: February 2019

COURSE DISCIPLINE : KIN
COURSE NUMBER : 168
COURSE TITLE (FULL) : Weight Training and Conditioning II
COURSE TITLE (SHORT) : Weight Training & Cond II

CATALOG DESCRIPTION

KIN 168 is an intermediate course which builds on basic exercise training principles and introduces theories of intermediate training for skill-related fitness goals. This course focuses on training for speed, power, agility, coordination, balance and reaction time, as well as sport-specific training. Intermediate training protocols such as high-intensity intervals, plyometrics and Olympic lifts are covered along with novel implement training using resistance bands, kettlebells and medicine balls. Note: Students who have taken KIN 169 will not receive credit.

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

Prerequisite or Corequisite: KIN 167. Recommended Corequisite: PE 101, or 102, or 103, or 104.

Recommended Preparation: ENGL 120 or ESL 151.



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ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	KIN	167	Weight Training and Conditioning	Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness;	Yes
2	KIN	167	Weight Training and Conditioning	explain the significance of body awareness related to proper body mechanics;	Yes
3	KIN	167	Weight Training and Conditioning	explain how core strength, posture and proper form promotes health and prevents injuries;	Yes
4	KIN	167	Weight Training and Conditioning	demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises;	Yes
5	KIN	167	Weight Training and Conditioning	identify appropriate resistance exercises to train major muscle groups;	Yes
6	KIN	167	Weight Training and Conditioning	identify errors of posture during activities of life and workplace body mechanics;	Yes
7	KIN	167	Weight Training and Conditioning	describe the principles of fitness;	Yes
8	KIN	167	Weight Training and Conditioning	design a personalized exercise program to achieve health-related fitness goals;	Yes
9	KIN	167	Weight Training and Conditioning	identify appropriate exercises for enhancement of core stability.	Yes
10	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
11	PE	102	Cardiovascular Fitness	identify areas of personal cardiovascular fitness needing improvement;	Yes
12	PE	103	Weight Training and Conditioning - Lab	demonstrate proper body mechanics;	Yes
13	PE	103	Weight Training and Conditioning - Lab	apply proper lifting techniques;	Yes
14	PE	104	Intermediate Weight Training and Conditioning - Lab	create an individual fitness program leading to improved cardiovascular fitness;	Yes



EXIT STANDARDS

- 1 Prescribe exercise based on principles of fitness;
- 2 evaluate fitness testing outcomes and set appropriate goals to achieve and/or maintain desired fitness levels;
- 3 identify appropriate exercises and styles of training relative to specific skill and sport-related fitness goals;
- 4 design and implement a resistance training and conditioning program to achieve skill-related fitness goals;
- 5 demonstrate proper technique with intermediate conditioning exercises;
- 6 discuss periodization of a training program relative to long-term, mid-term and short-term goal setting;
- 7 discuss nutritional considerations for resistance training, conditioning and sport-specific training.

STUDENT LEARNING OUTCOMES

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

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Anatomy, Physiology and Kinesiology Review <ul style="list-style-type: none"> • Basic skeletal muscle anatomy • Physiological adaptations to resistance and cardiorespiratory training • Physiological differences between training styles for health-related fitness components vs. skill-related fitness components • Review of health-related fitness components 	1	0	1



2	<p>Testing skill-related fitness components</p> <ul style="list-style-type: none"> • Speed • Power • Agility • Coordination • Balance • Reaction time • Comparison of testing outcomes to normative standards for general and athletic populations 	3	0	3
3	<p>Proper Technique for Intermediate Training Styles</p> <ul style="list-style-type: none"> • Resistance bands • Intermediate core training • Olympic lifts • Kettlebells • Plyometrics • Speed and agility drills 	12	0	12
4	<p>Intermediate Training Program Design</p> <ul style="list-style-type: none"> • In-session design protocols • High intensity interval training • High intensity resistance training • Tabatas • Concepts of speed training • Concepts of power training • Concepts of metabolic training 	6	0	6
5	<p>Periodization for Skill-Related Fitness Goals</p> <ul style="list-style-type: none"> • Preventing overtraining and injuries • Maximizing adaptations • Macrocycles, mesocycles and microcycles 	3	0	3
6	<p>Nutrition Considerations</p> <ul style="list-style-type: none"> • Process of muscle growth dependent on nutritional availability • Strategies to decrease body fat • Strategies to gain lean mass • Importance of timing nutrient intake • Nutrition considerations for sports training and skill-related goals 	2	0	2
27				



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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 targeted 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	ISBN	Date
Strength Training	Supplemental	Human Kinetics	2		Lee Brown, NSCA	978149252 2089	2017