

Cerro Coso College  
**Course Outline of Record Report**  
 10/05/2021

## KINSC105 : Strength Training

### General Information

Author:	<ul style="list-style-type: none"> <li>• Kimberlee Kelly</li> <li>• King, Sarah</li> <li>• Scott, Justus</li> </ul>
Course Code (CB01) :	KINSC105
Course Title (CB02) :	Strength Training
Department:	Physical Education
Proposal Start:	Fall 2021
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000196376
Curriculum Committee Approval Date:	03/19/2021
Board of Trustees Approval Date:	05/06/2021
External Review Approval Date:	05/06/2021
Course Description:	This course assists students in the development of basic weight-training fundamentals and techniques. The course includes material specifically related to strength and muscle development. Emphasis is on individualized programs that contour, build, and firm up the human body in the most efficient manner. The course emphasizes proper care and utilization of equipment, as well as the importance of safety.
Submission Type:	Mandatory Revision  Changed naming to KINS Name changed to strength training, cleaned up language- slight modifications of slo for language, added MI and ME Last review SP 12. No changed due to review.
Author:	No value

### Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> <li>• Kinesiology</li> <li>• Physical Education</li> </ul>
Alternate Master Discipline Preferred:	No value
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

### Course Development Options

Basic Skills Status (CB08)	Course Special Class Status (CB13)	Grade Options
Course is not a basic skills course.	Course is not a special class.	<ul style="list-style-type: none"> <li>• Letter Grade Methods</li> </ul>

Allow Students to Gain Credit by Exam/Challenge

**Allowed Number of Retakes**

0

- Pass/No Pass

**Course Prior To College Level (CB21)**

Not applicable.

**Rationale For Credit By Exam/Challenge**

No value

**Retake Policy Description**

Type:|Non-Repeatable Credit

Allow Students To Audit Course

**Course Support Course Status (CB26)**

Course is not a support course

### Associated Programs

Course is part of a program (CB24)

**Associated Program**

**Award Type**

**Active**

CC Kinesiology for Transfer

A.A. Degree for Transfer

Spring 2018 to Fall 2018

### Transferability & Gen. Ed. Options

**Course General Education Status (CB25)**

Y

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**Cerro Coso General Education Requirements**

Area 7.1

**Categories**

Health & Wellness  
Wellness

**Status**

Pending

**Approval Date**

No value

**Comparable Course**

Santa Ana College Kinesiology Fitness 147A,  
Beginning Weight Training (1)  
Mission College KIN 035b Beginning Weight  
Training

**CSU General Education Certification**

Area E.1

**Categories**

Lifelong Learning  
& Self-  
Development  
Integrated  
Organism

**Status**

Pending

**Approval Date**

No value

**Comparable Course**

CSLULB KINS 151A Weight Training and  
Conditioning  
Sac State KINS 106C. Advanced Weight  
Training.

### Units and Hours

#### Summary

<b>Minimum Credit Units (CB07)</b>	1
<b>Maximum Credit Units (CB06)</b>	1
<b>Total Course In-Class (Contact) Hours</b>	54
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	54
<b>Faculty Load</b>	0

**Credit / Non-Credit Options**

<b>Course Credit Status (CB04)</b>	<b>Course Non Credit Category (CB22)</b>	<b>Non-Credit Characteristic</b>
Credit - Degree Applicable	Credit Course.	No Value

<b>Course Classification Status (CB11)</b>	<b>Funding Agency Category (CB23)</b>	<input type="checkbox"/> Cooperative Work Experience Education Status (CB10)
Credit Course. <input type="checkbox"/> Variable Credit Course	Not Applicable.	

**Weekly Student Hours**

	<b>In Class</b>	<b>Out of Class</b>
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	0
Activity	54
<b>Total</b>	54
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Activity	0
<b>Total</b>	0

**Time Commitment Notes for Students**

No value

**Faculty Load**

**Extra Duties:** 0

**Faculty Load:** 0

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Pre-requisites, Co-requisites, Anti-requisites and Advisories**

No Value

**Entrance Skills**

Entrance Skills	Description
No value	No value

**Limitations on Enrollment**

Limitations on Enrollment	Description
No value	No value

**Specifications**

**Methods of Instruction**

Methods of Instruction	Written work
Rationale	Students record their workouts, evaluate their gains/losses, and formulate a fitness plan.

Methods of Instruction	Skills Development and Performance
Rationale	Weightlifting is based on a series of simple-complex movement patterns. These will be developed and performed by students.

Methods of Instruction	Instruction through examination or quizzing
Rationale	Quizzes on safety, general anatomy, muscles groups, appropriate exercises for these groups, and weight room etiquette.

<b>Methods of Instruction</b>	Lecture			
<b>Rationale</b>	Safety, fitness plan creation, and appropriate technique are all part of the class lecture, which is used to share ideas and content to enhance student reading and help them further explore topics.			
<b>Methods of Instruction</b>	Demonstration			
<b>Rationale</b>	Demonstrations of exercises provide visual reinforcement of lecture ideas and fitness moves.			
<b>Assignments</b>				
Create a two week individualized weight training program; Written test covering class SLO's, self assessment questions, and other course relevant questions.				
<b>Methods of Evaluation</b>		<b>Rationale</b>		
Final Exam	Final Examination: An examination on weight training concepts, exercises, and individual program development theory is administered. The examination can be M/C, T/F, Matching, Fill-in, or a testing vehicle of the instructor's choice.			
Participation	Performance: Student demonstrates a variety of lifting techniques and executes specific exercises for each major muscle group. Evaluation is done utilizing a weight training, specific skills rubric.			
Homework	Student self evaluation: Student writes 500 word (minimum) essay using semester-long individual weight training logs. Students have charted daily progress in the logs, and the essay requires analysis of that as a culminating assignment.			
<b>Equipment</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials</b>				
No Value				
<b>Materials Fee</b>				
No				

## Learning Outcomes and Objectives

### Course Objectives

No value

### CSLOs

Formulate an individualized beginning weight training program that includes exercises for all major muscle groups.	Expected SLO Performance: 70.0
Identify the variables used when implementing any individualized fitness program.	Expected SLO Performance: 70.0
Explain physiological benefits of strength and endurance training.	Expected SLO Performance: 70.0
Perform correct beginning-level weight training techniques and exercises.	Expected SLO Performance: 70.0

## Outline

### Course Outline

#### A. Weight-training Benefits

1. Competitive outlet
2. Emotional and social benefits
3. Improved performance
4. Exercise and physical challenges

#### B. Physical Response to Weight Training

1. Skeletal-Muscle structure
2. The motor unit
3. Ligament; tendons; bones; and joint surfaces
4. Osteoporosis

#### C. Weight-training Guidelines

1. Overload
2. Specificity of training
3. Individual differences
4. Isometric exercise
5. Dynamic exercise

#### D. Getting Started

1. What to wear, safety and etiquette
2. Free weights vs. weight machines
3. Proper mechanics of exercise

#### E. Exercise Program Development

1. Determination of starting weights
2. Selection of types of exercises
3. Determining workloads

#### F. Elementary Chest Exercises

1. Bench Press
2. Incline Press
3. Dumbbell Flys

#### G. Elementary Shoulder Exercises

1. Overhead press
2. Behind-the-neck press

#### H. Elementary Arm Exercises

1. Standing barbell curls
  2. Dumbbell curls
  3. Triceps extensions
  4. French curls
  5. Pole twists
- I. Elementary Back and Neck Exercises
1. Pull-ups
  2. Pull-downs on Lat machine
  3. Back extensions
  4. Barbell shrugs
- J. Elementary Abdominal Exercises
1. Crunches
  2. Side bridges
- K. Elementary Leg Exercises
1. Leg press
  2. Step-ups
  3. Leg extensions
  4. Calf raises

## Delivery Methods

**Delivery Method:** Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

- Face to face

**Rigor Statement:** Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section? Describe the ways in which instructor-student contact and student-student contact will be facilitated in the distance ed environments.

No Value

**Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course.** -Learning Management System -Discussion Forums -Message -Other Contact -Chat/Instant Messaging -E-mail - Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV - Interactive Video -Other

No Value

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

No Value

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

30, limited to amount of equipment in room.

**Emergency Distance Education Options** The course will operate in remote delivery mode when all or part of the college service area is under an officially declared city, county, state, or federal state of emergency, including (check all that apply) - Online including all labs/activity hours - Hybrid with online lecture and onsite lab/activity hours - Correspondence education in high school and prison facilities - None. This course will be cancelled or paused if it cannot be held fully onsite.

- Online including all labs/activity hours