

KIN167 : Weight Training and Conditioning I

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	KIN167
Course Title (CB02) :	Weight Training and Conditioning I
Department:	KIN
Proposal Start:	Fall 2025
TOP Code (CB03) :	(1270.00) Kinesiology
CIP Code:	(31.0505) Exercise Science and Kinesiology.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000543438
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	KIN 167 introduces students to resistance training and functional fitness in the gym. This course emphasizes safety and proper form for lifting weights, exercises to promote healthy posture, and injury prevention strategies. Students will design their own resistance and cardiovascular program to meet health-related fitness goals.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-PersonHybrid
Author:	No value
Course Family:	Motor Performance Fitness

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Kinesiology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 1.5

Maximum Credit Units (CB06) 1.5

Total Course In-Class (Contact) Hours 27

Total Course Out-of-Class Hours 54

Total Student Learning Hours 81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1.5	3
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54

Course In-Class (Contact) Hours

Lecture	27
Laboratory	0
Studio	0
Total	27

Course Out-of-Class Hours

Lecture	54
Laboratory	0
Studio	0
Total	54

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

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

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

Advisory

PE101 - Fitness Lab I

Recommended Corequisite

OR

Advisory

PE102 - Fitness Lab II

Recommended Corequisite

OR

Advisory

PE103 - Fitness Lab III

Recommended Corequisite

OR

Advisory

PE104 - Fitness Lab IV

Recommended Corequisite

OR

Advisory

ATHPE100 - Strength And Conditioning For Intercollegiate Athletics

Recommended Corequisite

Entry Standards

Entry Standards

Description

No value

No value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Lecture

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Methods of Instruction

Demonstrations

Methods of Instruction

Guest Speakers

Methods of Instruction

Presentations

Out of Class Assignments

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

Methods of Evaluation**Rationale**

Exam/Quiz/Test

Quizzes

Activity (answering journal prompt, group activity)

Worksheets (e.g. calculate target heart rate range using the Karvonen formula)

Writing Assignment

Self-evaluation (e.g. comparison of pre-term and post-term fitness test outcomes)

Writing Assignment

Paper (e.g. summary of a popular exercise training technique)

Exam/Quiz/Test

Midterm exam

Exam/Quiz/Test

Final exam

Textbook Rationale

Textbook is a seminal text on the subject and the 2nd edition is the most recent. Textbook is a supplemental resource (not required).

Textbooks**Author****Title****Publisher****Date****ISBN**

Lee Brown

Strength Training

Human Kinetics

2017

9781492522089

Other Instructional Materials (i.e. OER, handouts)**Description**

Instructor-generated materials

Author

No value

Citation

No value

Online Resource(s)

No value

Learning Outcomes

Course Objectives

Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness.

Explain how core strength, posture and proper form promote health and prevent injuries.

Demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises.

Identify appropriate resistance exercises to train major muscle groups.

Identify errors of posture during activities of life and workplace body mechanics.

Describe the principles of fitness.

Design a personalized exercise program to achieve health-related fitness goals.

Identify appropriate exercises for enhancement of core stability.

SLOs

demonstrate proper form during basic resistance exercises

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
--------------------------	--

<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
--	--

<i>KIN</i> Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
---	--

	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams
--	--

discuss proper technique for injury prevention

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>KIN</i> Sports Coaching - A.S. Degree Major	Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.
--	--

<i>KIN</i> Sports Coaching-- Certificate	Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.
--	--

<i>KIN</i> Fitness Specialist - A.S. Degree Major	utilize universal risk management strategies
---	--

<i>KIN</i> Fitness Specialist - Certificate	utilize universal risk management strategies
---	--

design a weight training and conditioning program to meet health-related fitness goals

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

<i>KIN</i> Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

Course Content

Lecture Content

Safety and Gym Etiquette (3 hours)

- Equipment safety
- Spotter techniques
- Prevention and care of minor injuries

Major Muscle Groups and Exercises (12 hours)

- Upper body
 - Major muscle groups
 - Functional movement patterns
 - Resistance exercises and variations
- Core
 - Major muscles
 - Function of the core

- Resistance exercises and variations
- Lower body
 - Major muscles
 - Functional movement patterns
 - Resistance exercises and variations
- Exercise regressions, progressions, and adaptations for individual abilities

Flexibility (1.5 hours)

- Flexibility vs. mobility
- Movement prep
- Types of flexibility training

Cardiorespiratory fitness (1.5 hours)

- Monitoring intensity
- Conditioning exercises

Fitness Testing and Programming (3 hours)

- Muscular strength
- Muscular endurance
- Cardiorespiratory endurance
- Flexibility
- Body composition
- Goal setting
- Recovery
- Nutritional considerations for exercise

Kinesiology Overview (6 hours)

- Planes of motion
- Types of muscle contraction
- Principles of fitness
- Progressive overload
- Specificity
- Individuality
- Reversibility
- Designing a training program based on individual goals

Total hours: 27

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value