

KIN168 : Weight Training and Conditioning II

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	KIN168
Course Title (CB02) :	Weight Training and Conditioning II
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) :	CCC000543439
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 168 builds on basic exercise principles and introduces intermediate training for skill-related fitness goals. This course applies foundational principles of fitness to training for speed, power, agility, coordination, balance and reaction time, as well as conditioning for sports. Students will be introduced to proper technique for high-intensity intervals, plyometrics, and Olympic lifts, as well as training with novel implements such as resistance bands, kettlebells and medicine balls.
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.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

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	0

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

Prerequisite

KIN167 - Weight Training and Conditioning I (in-development)

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.

OR

Co-Requisite

KIN167 - Weight Training and Conditioning I (in-development)

May be taken concurrently

AND

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

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 Field Activities (Trips)

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

Exam/Quiz/Test

Activity (answering journal prompt, group activity)

Writing Assignment

Writing Assignment

Exam/Quiz/Test

Exam/Quiz/Test

Rationale

Quizzes

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

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

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

Midterm exam

Final exam

Textbook Rationale

Textbook is a seminal text on the subject and does not have a more recent version. Text will only be used as a supplemental resource; instructor will provide required reading materials.

Textbooks

Author	Title	Publisher	Date	ISBN
Lee Brown, NSCA	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

Describe principles of fitness training as they apply to skill-related goals.

Evaluate fitness testing outcomes and set appropriate goals to achieve and/or maintain desired fitness levels.

Identify appropriate exercises and styles of training relative to specific skill and sport-related fitness goals.

Design and implement a resistance training and conditioning program to achieve skill-related fitness goals.

Demonstrate proper technique with intermediate conditioning exercises.

Discuss periodization of a training program relative to long-term, mid-term and short-term goal setting.

Discuss nutritional considerations for resistance training, conditioning and sport-specific training.

SLOs

Demonstrate proper form during intermediate conditioning exercises

Expected Outcome Performance: 70.0

ILOs
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.

KIN
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

Design a weight training and conditioning program to meet skill-related fitness goals

Expected Outcome Performance: 70.0

ILOs
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.

KIN
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 and program design for injury and overtraining prevention

Expected Outcome Performance: 70.0

ILOs
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.

KIN
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.

KIN
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.

KIN
Fitness Specialist - A.S.
Degree Major utilize universal risk management strategies

Course Content

Lecture Content

Anatomy, Physiology and Kinesiology (1 hour)

- Review 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

Testing skill-related fitness components (3 hours)

- Speed
- Power
- Agility
- Coordination

- Balance
- Reaction time
- Comparison of testing outcomes to normative standards for general and athletic populations

Proper Technique for Intermediate Training Methods (12 hours)

- Resistance bands
- Intermediate core training
- Olympic lifts
- Kettlebells
- Plyometrics
- Speed and agility drills
- Exercise regressions, progressions, and adaptations for individual abilities

Intermediate Training Program Design (6 hours)

- In-session design protocols
- High intensity interval training
- High intensity resistance training
- Sprint interval training and Tabata training
- Concepts of speed training
- Concepts of power training
- Concepts of metabolic training

Periodization for Skill-Related Fitness Goals (3 hours)

- Preventing overtraining and injuries
- Maximizing adaptations
- Macrocycles, mesocycles and microcycles

Nutrition Considerations (2 hours)

- Process of muscle growth dependent on nutritional availability
- Metabolic systems and energy needs
- Strategies to decrease body fat
- Strategies to gain lean mass
- Importance of timing nutrient intake
- Nutrition considerations for sports training and skill-related 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