**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 1100

**Course Title:** Beginning Weight Training

**Course Description:** Introduction to weight training and body building; learn the basic techniques for strength development and cardiovascular conditioning. Various weight machines, free weights and aerobic machines are used to establish an individual fitness program.

 *Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 1100-1148 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

 Lab Hours: 3

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Demonstrate knowledge of the basic terminology, training principles, and safety guidelines of weight training and conditioning.
2. Demonstrate knowledge of the anatomical muscle structure and function.
3. Demonstrate the ability to implement a resistance training program based on desired outcomes and scientific principles.
4. Demonstrate the basic techniques of weight training and conditioning for specific weight machines, free-weights and cardiovascular equipment.
5. Demonstrate a level of fitness for the components of muscular strength/endurance, flexibility, and cardiovascular endurance as a result of training based on pre-test and post-test.
6. Demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
7. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
8. Communicate and critically define the importance of the relationship between lifetime activities and the quality of life.
9. Demonstrate the biomechanics of fundamental movements and skills.
10. Develop the kinesthetic sense in the process of acquiring movement skills.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*