

KINE 151B - Intermediate Weight Training Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616688

Discipline(s) Coaching

Health

Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 151B

Course Title Intermediate Weight Training

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable. Adding recommended prep.

Units 1.5

Cross List N/A

I3f1 N/A

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description The purpose of this course is to provide students with an intermediate level of muscular strength and fitness. Students will design and engage in intermediate level programs which apply the components of muscular strength, endurance and joint flexibility.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended**

KINE 151 with a minimum grade of C or better

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. **Student Learning Outcomes:**

A.

e. Weight training and the strength of ligaments, tendons and bones

B. Other required materials/supplies.