

Course Code: KIN 147

Course Title: Weight Training

Department: Natural Sciences

Effective Date: Summer 2026

PCS Code: 1.1 - Baccalaureate/Transfer

CIP Code: 31.0501

Repeatability: 1

Credit Hours

Catalog Notation: 0-2-1

Credit Hour Distribution:

Lecture: 0

Lab: 2

Clinical: 0

Total: 1

General Course Information

Catalog Description

Fundamentals of strength training and conditioning through the use of free weights with emphasis on proper lifting techniques. No concurrent enrollment in KIN 103, KIN 203, or KIN 247 without instructor approval. Repeatable for a maximum of 2 credit hours.

General Course Objectives

Students will develop fundamental skills in weight training, and will participate in an individually-designed workout program.

Minimum Placement Levels

English

None

Reading

None

Math

None

Prerequisites

None

Methods of Evaluation

Attendance via logged training sessions, written exercise history, a pre-assessment at the beginning of the semester, and a post-assessment at the end of the semester.

Instructional Materials and Additional Supplies

None.

Course Content

General Learning Outcomes (GLOs)

- Creativity and Innovative Thinking: Students will design, present, and interpret materials, information, and ideas in innovative ways.
- Technology: Students will demonstrate the ability to evaluate, select, and appropriately use current and emerging tools.

Course Segments and Student Learning Outcomes

| Course Segment | Learning Outcomes | Lecture Hours | Lab Hours | Clinical Hours |
|--|---|---------------|-----------|----------------|
| Online Orientation to Fitness Center, Assessment Options, FAQs | 1. Distinguish between strength training, bodybuilding, and power development. | 0 | 2 | 0 |
| Exercise History, Exercise Prescription, and Workout Design | 1. Develop the habit of strength training, which will lead to an appreciation for exercise that can be continued throughout life. | 0 | 3 | 0 |
| Pre- and Post-Fitness Evaluation: The pre-assessment and post-assessment are used to assess the student in health-related measures including body composition, blood pressure, resting heart rate, flexibility, strength, and cardio-respiratory endurance. The evaluation will help determine the level of intensity of the exercise program. The pre-assessment data is compared to the post-assessment data at the end of the semester. | 1. Interpret assessment data and use this information to make educated decisions for personal wellness. | 0 | 2 | 0 |
| Logged Resistance Training Exercise Time in the Fitness Center, or on a Wearable Device and Logged in the Polar Fitness Diary | 1. Demonstrate proper exercise technique on strength training equipment to fight the effects of sarcopenia. | 0 | 23 | 0 |

Total Contact Hours

| Lecture Hours | Lab Hours | Clinical Hours |
|---------------|-----------|----------------|
| 0 | 30 | 0 |