

Course Code: KIN 247

Course Title: Weight Training II

Department: Natural Sciences

Effective Date: Summer 2026

PCS Code: 1.1 - Baccalaureate/Transfer

CIP Code: 31.0501

Repeatability: 3

Credit Hours

Catalog Notation: 0-2-1

Credit Hour Distribution:

Lecture: 0

Lab: 2

Clinical: 0

Total: 1

General Course Information

Catalog Description

Advanced concepts of strength training under the direction of a personal trainer from Parkland's PFT Program. Use of Parkland Fitness Center. No concurrent enrollment in KIN 103, KIN 147, or KIN 203. Repeatable for a maximum of 4 credit hours.

General Course Objectives

Individual exercise prescription based on the goals of the client and administered by a personal trainer.

Minimum Placement Levels

English

None

Reading

None

Math

None

Prerequisites

None

Methods of Evaluation

Completion of orientation, pre- and post-assessments, and adherence to training schedule/sessions with the personal trainer.

Instructional Materials and Additional Supplies

None.

Course Content

General Learning Outcomes (GLOs)

- 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
Orientation	1. Explain overall course structure, regular assignment schedule, and location of more detailed information and policies.	0	1	0
Pre-Assessment	1. Evaluate fitness level utilizing a variety of assessment tools, including but not limited to TriFIT assessment, Functional Movement Screen, body weight exercise max testing, free weight exercise max testing, and other selective performance tests.	0	2	0
Training Sessions	1. Demonstrate proper technique during advanced concepts of strength training, including but not limited to the use of barbells, dumbbells, kettlebells, bands and pulleys, Olympic free weights, and medicine balls.	0	25	0
Post-Assessment	1. Re-evaluate fitness level utilizing a variety of assessment tools, including but not limited to TriFIT assessment, Functional Movement Screen, body weight exercise max testing, free weight exercise max testing, and other selective performance tests. 2. Compare pre- and post-assessment. 3. Demonstrate improvement in fitness level from pre- to post-assessment.	0	2	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
0	30	0