

KINGSBOROUGH COMMUNITY COLLEGE  
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: Health, Physical Education and Recreation Date: 9/14/17

Title Of Course Or Degree: Body Weight Resistance Training - PEC (Number Pending) <sup>800</sup>

Change(s) Initiated: (Please check)

- |   |   |
|---|---|
| <input type="checkbox"/> Closing of Degree        | <input type="checkbox"/> Change in Degree or Certificate Requirements         |
| <input type="checkbox"/> Closing of Certificate   | <input type="checkbox"/> Change in Degree Requirements (adding concentration) |
| <input type="checkbox"/> New Certificate Proposal | <input type="checkbox"/> Change in Pre/Co-Requisite                           |
| <input type="checkbox"/> New Degree Proposal      | <input type="checkbox"/> Change in Course Designation                         |
| <input checked="" type="checkbox"/> New Course    | <input type="checkbox"/> Change in Course Description                         |
| <input type="checkbox"/> New 82 Course            | <input type="checkbox"/> Change in Course Title, Numbers Credit and/or Hour   |
| <input type="checkbox"/> Deletion of Course       | <input type="checkbox"/> Change in Academic Policy                            |
|   | <input type="checkbox"/> Pathways Submission:                                 |
|   | <input type="checkbox"/> Life and Physical Science                            |
|   | <input type="checkbox"/> Math and Quantitative Reasoning                      |
|   | <input type="checkbox"/> A. World Cultures and Global Issues                  |
|   | <input type="checkbox"/> B. U.S. Experience in its Diversity                  |
|   | <input type="checkbox"/> C. Creative Expression                               |
|   | <input type="checkbox"/> D. Individual and Society                            |
|   | <input type="checkbox"/> E. Scientific World                                  |

Other (please describe): \_\_\_\_\_

PLEASE ATTACH MATERIAL TO ILLUSTRATE AND EXPLAIN ALL CHANGES

DEPARTMENTAL ACTION

Action by Department and/or Departmental Committee, if required:

Date Approved: 9/11/17 Signature, Committee Chairperson: Nichole Bracco

I have reviewed the attached material/proposal

Signature, Department Chairperson: Donald Hume

**Kingsborough Community College**  
**The City University of New York**  
**Undergraduate Curriculum**  
**FORMAT FOR PRESENTATION OF CURRICULUM PROPOSALS**

**1. DEPARTMENT, COURSE NUMBER AND TITLE:**

Department of Health, Physical Education and Recreation

Course Number: PEC~~XXXX~~ 800

Title of the course: Body Weight Resistance Training

**2. DOES THIS COURSE MEET DISTRIBUTION REQUIREMENTS FOR GROUPS I-V? IF SO, WHICH GROUP?**

This course does not meet distribution requirements for Groups I-V nor pathways A-E.

**3. TRANSFERABILITY OF THIS COURSE. DESCRIBE HOW THIS COURSE TRANSFERS (required for A.S. degree course). If A.A.S. degree course and does not transfer, justify role of course, i.e., describe other learning objectives met:**

This course would transfer as an elective.

**4. BULLETIN DESCRIPTION OF COURSE:**

This course will introduce students to the methodology and practice for improving health- and skill-related components of physical fitness. The mode of activity will include body weight and callisthenic type activities with the use of minimal equipment.

**5. NUMBER OF WEEKLY CLASS HOURS (please indicate the number of hours per week spent in a lab, hours spent on site doing fieldwork, hours of supervision and hours in classroom- if applicable):**

2 Hours

**6. NUMBER OF CREDITS:**

This course is 1 credit

**7. COURSE PREREQUISITES AND COREQUISITES**

Prerequisites: none

Corequisites: none

Pre or Coreq: none

**8. BRIEF RATIONALE TO JUSTIFY PROPOSED COURSE TO INCLUDE:**

- |   |                           |
|---|---------------------------|
| A. Enrollment summaries, if previously offered as an 82             | No                        |
| B. Projected enrollment   | 80 students annually      |
| C. Class limits   | 20                        |
| D. Frequency course is likely to be offered                         | 1-2 sections per semester |
| E. Role of course in department's curriculum and college's mission: |                           |

Through media and education, people are becoming more aware of the health risks of a sedentary lifestyle and the health benefits of a more active lifestyle. Moderate levels of physical activity have shown to provide many health benefits and moderate levels of physical fitness. Bodyweight exercises are the ideal choice for individuals who are interested in fitness but do not have access to equipment. While some exercises may require some type of equipment, the majority of bodyweight exercises require none. Most bodyweight exercises can be progressed or regressed to match the individual's abilities. This progression/regression strategy allows

**15. METHODS OF TEACHING –e.g., LECTURES, LABORATORIES, AND OTHER ASSIGNMENTS FOR STUDENTS, INCLUDING ANY OF THE FOLLOWING: DEMONSTRATIONS, GROUP WORK, WEBSITE OR E-MAIL INTERACTIONS AND/OR ASSIGNMENTS, PRACTICE IN APPLICATION OF SKILLS:**

- A. Teaching is accomplished through lectures, demonstrations and discussions.
- B. Lectures will include the history of body weight training; identification of muscle(s) utilized in each exercise; techniques for proper performance of each exercise.
- C. Practices will include warm-up, stretches, drills and participation.

**16. ASSIGNMENTS TO STUDENTS:**

Body Weight Resistance Training sessions will let students demonstrate their fundamental skills, knowledge of safety practices, correct exercise technique usage and their understanding of the scientific basis of using their body as resistance. Students will maintain a workout log, in which they will record the exercises (with any modifications), repetitions, and sets performed for each session. In addition, students will write a final paper that will require a description of the exercises that have become part of their individual program, including the muscles strengthened with those exercises.

**17. DESCRIBE METHOD OF EVALUATING LEARNING SPECIFIED IN #15:**

- A. Preparation and Participation (30%)
- B. Application of Body Weight Training Techniques (30%)
- C. Written Assignment and Workout Log (20%)
- D. Final Written Examination (20%)

**18. TOPICAL COURSE OUTLINE (WHICH SHOULD BE AS SPECIFIC AS POSSIBLE REGARDING TOPICS COVERED, LEARNING ACTIVITIES AND ASSIGNMENTS):**

|        |  |
|--------|--|
| Week 1 | <p><b>Lecture:</b><br/> Review course syllabus and requirements<br/> Explain facility rules concerning conduct, attire, and exercise safety guidelines<br/> Identify the health benefits of an active lifestyle<br/> Define the health and skill related components of physical fitness<br/> Explain signs and symptoms of adverse reaction to exercise, criteria for terminating an exercise session, and emergency procedures<br/> Conduct orientation tour of area(s) used for activities</p> <p><b>Activity:</b><br/> Demonstration and practice of stretching exercises</p> |
| Week 2 | <p><b>Lecture:</b><br/> Describe the three basic principles applied to all fitness programs and the FITT formula as it relates to exercise programming<br/> Identify the components and structure of an exercise session<br/> Explain the significance for the warm-up and cool-down</p> <p><b>Activity:</b><br/> Demonstration and practice exercises for warming up (calisthenics), and stretching</p>   |
| Week 3 | <p><b>Lecture:</b><br/> Identify body areas that may be trained with body weight exercises<br/> Identify the variables for designing a muscular fitness program<br/> Explain guidelines for performing safe and effective body weight training</p> <p><b>Activity:</b><br/> Warm-up: calisthenics and stretching</p>   |

## 19. SELECTED BIBLIOGRAPHY AND SOURCE MATERIALS:

1. Lauren, Mark, and Clark, Joshua. You are Your Own Gym: The Bible of Body Weight Exercises. Vermillion, 2015.
2. Fahey, Thomas, Insel, Paul, and Roth, Walton. Fit and Well, 9<sup>th</sup> edition. McGraw-Hill Higher Education. 2012.
3. 8 Best Bodyweight Exercises  
(<https://www.bing.com/videos/search?q=best+body+weight+exercises&view>)
4. Burpee Substitutions and Modifications (<https://www.jensinkler.com/excuse-me-burpees/>)
5. Calisthenics Exercises: The Complete List (<http://www.manvsweight.com/calisthenics-exercises/>)