The Circuit Weight Training course is designed for students interested in an exercise routine that utilizes the circuit training facility and provides cardiovascular weight exercise. Circuit training has proven especially beneficial for women and men not interested in competitive weight training but desiring good muscle tone and cardiovascular fitness. This type of training gives maximum return in a controlled workout. UC credit limitations. See counselor.

JUSTIFICATION FOR COURSE:

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:

Physical education

MATERIAL FEE: Yes [X] No [ ] Amount: $5.00

CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

GRADING POLICY: Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

OPEN ENTRY/Open Exit: Yes [ ] No [X]

TRANSFER STATUS: CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

BASIC SKILLS STATUS: Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable

NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:

REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X] Physical Education and Health(Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:

CSU GE Area E: Lifelong Understanding and Self-Development

   E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. measure his or her resting and working heart rate.
2. apply principles of health, nutrition, and exercise to personal goals he or she wants to achieve.
3. recognize proper form and how to modify if needed during his or her daily workouts.

COURSE OBJECTIVES:
1. Keep a record of his/her workout progress on a daily basis
2. Evaluate his/her physical fitness with instructor assistance
3. Correctly perform exercises on circuit training equipment
4. Learn to monitor their resting and working heart rate
5. Gain knowledge on lifelong fitness and how to apply activity to their day in order to lead a healthy life

COURSE CONTENT:

LECTURE CONTENT:

LABORATORY CONTENT:

A. Orientation to circuit weight training
   1. Class requirements, attendance, recording workouts
   2. Workout attire
   3. Introduction to equipment
   4. Safety and proper procedure to follow during and after workout on the beginner, intermediate, and advanced level of performance
   5. Training and exercise heart rates according to age and physical health at the start of the semester course

B. Introduction to Exercises and course information
   1. Orientation for all new students to learn how to properly use the circuit machines
   2. A verbal explanation of the circuit machines and introduction will be provided by all instructors during their individual course sections
   3. Review of how to use the workout cards to keep track of progress
   4. Healthy living and nutritional information

C. Individualized instruction and how to evaluate physical performance
   1. Evaluation of performance on a daily basis.
   2. Adjustments made based on need
   3. Evaluation of performance for achievement of individual goals

D. Workout Program
   1. Proper warm up and cool down
   2. Best exercises for individual student goals to be reached
   3. Monitoring of heart rate before, during and after workouts

E. Assessment
   1. Pre-test physical conditioning at beginning of semester.
      a. Heart rate,
      b. Cardiovascular fitness
      c. Muscular strength and
      d. Body fat percentage (optional).
   2. Post-test physical conditioning at end of semester.
   3. Evaluate semester long improvement.
   4. Discuss nutrition and the importance of proper nutrition before, during and after exercise.

METHODS OF INSTRUCTION:

A. Lab:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:
  Reading Assignments
  Websites; current articles and handouts.
  
  Out-of-class Assignments
  1. To gain knowledge of good diet, calorie intake, stress reduction, working heart rate, and proper health habits to reduce physical injuries.
  2. Assessment of individual fitness level and conclude need for continued participation
  
  Writing Assignments
  1. Demonstrate proper techniques of super circuit training on strength and cardiovascular machines.
  2. Maintain written record of training program on workout card.
  3. Calculate training heart rate.

METHODS OF STUDENT EVALUATION:
Written Assignments
  Skills Demonstration
  Demonstration of Critical Thinking:
  1. Analyze his/her fitness progress
  2. Recognize when to accelerate /adjust workout for continual improvement.
  3. Learn how proper diet and exercise will benefit weight control
  4. Evaluate benefits of strength training to maintain lifelong fitness
  
  Required Writing, Problem Solving, Skills Demonstration:
  1. Demonstrate proper techniques of super circuit training on strength and cardiovascular machines.
  2. Maintain written record of training program on workout card.
  3. Calculate training heart rate.

TEXTS, READINGS, AND RESOURCES:
  Other:
  1. Appropriate workout attire

LIBRARY:
  Adequate library resources include:
  Comments:

Attachments:
  Attached Files