Course Outline of Record

Number: PE G167  Title: Super Circuit Training Advanced

Originator: Instructor Placeholder AAA  Eff Term: Spring 2008
Formerly Known As:

Cross Listed Course: Top No: 0835.00

Semester Units: 1.0  Hrs Lec: 0.0  Hrs Lab: 54.0  Hrs Other: 0.0

Contact Hrs Total: 54.0  Study Non-Contact Hrs Recommended: 0.0

Catalog Description:
The super circuit physical training program provides the student a combination of strength training with an emphasis on cardio-vascular conditioning for a total body workout. The super circuit is an accelerated circuit training program. 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 [ ]


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 [X] Yes [ ]

GE and Transfer Requirements Met:

Course Level Student Learning Outcome(S) Supported by this course:

1. measure and interpret his or her target heart rate ranges during exercising.
2. assemble techniques to improve his or her cardiovascular fitness and muscle conditioning.
3. identify and apply the correct techniques of exercises to accomplish the super circuit training program.

Course Objectives:

1. do the correct techniques of exercises to accomplish the super circuit training program.
2. use the super circuit equipment, alternating from each weight machine to an exercise bike to 30 second rotations.
3. improve his/her cardiovascular fitness and muscle conditioning.
4. monitor his/her target heart rate ranges during exercising.

**COURSE CONTENT:**

**LECTURE CONTENT:**

**LABORATORY CONTENT:**

1. The student will learn the proper workout methods on each of the weight machines and aerobic bikes. (alternating 30 seconds of weightlifting with 30 seconds of aerobic activity on an exercise bike).

2. The student will be physically assessed for his/her individual workout program. This will ensure a safe progress for exercising within the appropriate target heart rate.

3. Students will exercise by alternating upper and lower body exercises without rest intervals. Beginning level 6-11 exercise stations and increasing gradually to 22 stations.

4. Students will be required to keep a workout record of their exercise program throughout the semester. The instructor will check each student's workout card after each class.

5. Students will monitor their heart rate for resting rate, maximum heart rate range, and exercise target range zone.

6. The class will begin with group warm-up and a cool down exercise program following the workout.

7. Testing: the student must complete a pre-test at the beginning of the semester and re-test every 4 weeks of the semester.

8. The super circuit is designed to bring about peak total body conditioning and fitness.

**METHODS OF INSTRUCTION:**

A. Lab:

B. Independent Study:

**INSTRUCTIONAL TECHNIQUES:**

**COURSE ASSIGNMENTS:**

**Out-of-class Assignments**

Students will meet with the instructor every 3 weeks to evaluate his/her workout program. The instructor will discuss methods of improvement, nutrition, and healthful living habits.

**Writing Assignments**

The student will:

1. Record each workout on his/her workout card. (Keep a weekly file of each workout.)
2. Be required to monitor and record his/her target exercise heart rate zone for each class.
3. Be tested every 4 weeks for strength and cardiovascular improvement.
4. Be asked to evaluate his/her physical improvement.

**METHODS OF STUDENT EVALUATION:**

Problem Solving Exercises

Skills Demonstration

**Demonstration of Critical Thinking:**

Each student will evaluate:

1. His/her physical fitness level at the beginning of the semester. (They will fill out a biographical questionnaire answering questions concerning their fitness level.)

2. One another on using the equipment properly and safely. Techniques of proper lifting, proper breathing, and monitoring heart ranges correctly.
3. When to accelerate his/her workout program. (Increase weight, number of repetitions, and add more equipment stations.)

**Required Writing, Problem Solving, Skills Demonstration:**

The student will:
1. Record each workout on his/her workout card. (Keep a weekly file of each workout.)
2. Be required to monitor and record his/her target exercise heart rate zone for each class.
3. Be tested every 4 weeks for strength and cardiovascular improvement.
4. Be asked to evaluate his/her physical improvement.

**TEXTS, READINGS, AND RESOURCES:**

**Other:**
1. Proper workout attire for the super circuit to include aerobic or workout shoes.

**LIBRARY:**

Adequate library resources include:

**Comments:**

**Attachments:**

[Attached Files]