PE G166: CIRCUIT WEIGHT TRAINING

Item	Value
Top Code	083500 - Physical Education
Units	.5-2 Total Units
Hours	27-108 Total Hours (Lab Hours 27-108)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

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. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Recognize proper form and how to modify if needed during his or her daily workouts.
3. Apply principles of health, nutrition, and exercise to personal goals he or she wants to achieve.
4. Measure his or her resting and working heart rate.

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

Lab Content

A. Orientation to circuit weight training1. Class requirements, attendance, recording workouts2. Workout attire3. Introduction to equipment4. Safety and proper procedure to follow during and after workout on the beginner, intermediate, and advanced level of performance5. Training and exercise heart rates according to age and physical health at the start of the semester courseB. Introduction to Exercises and course information1. Orientation for all new students to learn how to properly use the circuit machines2. A verbal explanation of the circuit machines and introduction will be provided by all instructors during their individual course sections3. Review of how to use the workout cards to keep track of progress4. Healthy living and nutritional information C. Individualized instruction and how to evaluate physical performance1. Evaluation of performace on a daily basis.2. Adjustments made based on need3. Evaluation of performance for achievement of individual goals D. Workout Program1.Proper warm up and cool down2.Best exercises for individual student goals to be reached3.Monitoring of heart rate before, during and after workouts E. Assessment1.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.

Method(s) of Instruction

- Lab (04)

Reading Assignments

Websites; current articles and handouts.

Writing Assignments

1. Demonstrate proper techinques of super circuit training on strength and cardiovascular machines.2. Maintain written record of training program on workout card.3. Calculate training heart rate.

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

Demonstration of Critical Thinking

1. Analyze his/her fitness progress2. Recognize when to accelerate / adjust workout for continual improvement.3. Learn how proper diet and exercise will benefit weight control4. Evaluate benefits of strength training to maintain lifelong fitness

Required Writing, Problem Solving, Skills Demonstration

1. Demonstrate proper techinques of super circuit training on strength and cardiovascular machines.2. Maintain written record of training program on workout card.3. Calculate training heart rate.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Appropriate workout attire