

Course Outline

COURSE: KIN 82C **DIVISION:** 40 **ALSO LISTED AS:** KIN 82 & PE 82

TERM EFFECTIVE: Fall 2019 **CURRICULUM APPROVAL DATE:** 10/9/2018

SHORT TITLE: CIRCUIT TRAINING - LEVEL 3

LONG TITLE: Circuit Training - Level 3

Units	Number of Weeks		Contact Hours/Week		Total Contact Hours
.5 OR 1	18	Lecture:	0	Lecture:	0
		Lab:	1.5 OR 3	Lab:	27 OR 54
		Other:	0	Other:	0
		Total:	1.5 OR 3	Total:	27 OR 54

COURSE DESCRIPTION:

This course is a combination of aerobic exercise and resistance training designed to simultaneously improve mobility, strength, and stamina. Students will rotate from station to station, alternating between cardio and muscle toning exercises. Emphasis will be on student's exercising at a high (60% - 80% THR) intensity level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Calculate, monitor and apply their Target Heart Rate (THR) to determine they are participating in class workouts at 60% -80% of their THR.

Measure of assessment: demonstration, worksheet, pre and post testing

Year assessed, or planned year of assessment: 2019

Semester: Fall

2. Measure their muscular strength/endurance to determine an increase of 15% - 20%.

Measure of assessment: pre and post testing, demonstration

Year assessed, or planned year of assessment: 2019

Semester: Fall

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/9/2018

6 - 12 Hours

CONTENT: Introduction to class, including course syllabus, course expectations, grading and attendance policies. Pre-test will be conducted to determine a baseline for each students' muscular strength/endurance and cardiovascular fitness. Students will determine their Target Heart Rate (THR). A variety of stations will be provided which will allow each student to work on improving their muscular strength/endurance and cardiovascular fitness. Check THR.

STUDENT PERFORMANCE OBJECTIVES: Participate in the pre-test fitness assessment. Complete a circuit of exercise stations and monitor their THR to determine their exertion level.

7.5 - 15 Hours

CONTENT: Continue circuit training, alternating between cardio and muscle toning exercises. Monitor THR. An example of a level 3 circuit would be: 8 - 10 exercise stations, completing 2 - 3 sets (rotations). Students would work on each exercise 30 - 45 seconds with a 30 - 45 second recovery time between exercises. The exercises could include: muscular strength/endurance training - stability ball sit-ups, stability ball push-ups, medicine ball hamstring curl and medicine ball crunches; and for cardiovascular fitness training - shuttle run, squat jumps, one-leg jump, two-leg jump, grapevine, mountain climbers and "ice skaters". Work outs will be at a high intensity level. Additional stations may be added. Check THR.

STUDENT PERFORMANCE OBJECTIVES: Participate in the strength/endurance training and conditioning exercises. Monitor their THR to determine if they are exercising at 60% - 80% of their THR.

6 - 12 Hours

CONTENT: Continue workouts, with students rotating from station to station, alternating cardio and muscular strength/endurance training exercises. The circuit would be increased to include 10 - 12 exercises, completing 2 - 3 sets with a 45 second to 1 minute recovery time

between each set. These exercises could include (in addition to some of the ones done in previous weeks): muscular strength/endurance training - dynadisc, triangle push-ups, stability ball crunches, side sit-ups and medicine ball double leg kicks; and for cardiovascular fitness training - plyometric jumps, mini hurdles, ladder, single leg squats and stride jumps. Increase intensity and duration of exercises to make sure workouts are at 60% - 80% of THR. Check THR. Mid-testing could be conducted to evaluate progress and assess development.

STUDENT PERFORMANCE OBJECTIVES: Participate in a variety of circuit training routines. Increase the intensity and duration of the exercises performed as determined by the monitoring of their THR. Participate in mid-testing.

6 - 12 Hours

CONTENT: Continue circuit routines with 12 - 15 stations performed 1:00 - 1:15 each, completing 3 - 5 rotations with 30 - 45 seconds rest. Check THR. Fitness assessment (Post-Test) will be conducted.

STUDENT PERFORMANCE OBJECTIVES: Demonstrate 7 - 9 muscular strength/endurance training exercises and 7 - 9 cardiovascular fitness exercises. Participate in class workouts and the fitness assessment post-testing.

2 Hours

METHODS OF INSTRUCTION:

guided practice, stations, discussion

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 0

Assignment Description: No out of class assignments are required as this is a lab course.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 0.00 %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason: Course primarily involves skill demonstration or problem solving

Problem-solving assignments

Percent of total grade: 5.00 %

Percent range of total grade: 5% to 10% Other: Calculating and monitoring THR.

Skill demonstrations

Percent of total grade: 30.00 %

Percent range of total grade: 30% to 50% Demonstration Exams

Other methods of evaluation

Percent of total grade: 40.00 %

Class participation required. Percent range of total grade: 40% to 60%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201470

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201470

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 82C

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000551845

Sports/Physical Education Course: Y

Taxonomy of Program: 127000