

Course Outline

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

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

SHORT TITLE: CIRCUIT TRAINING - LEVEL 1

LONG TITLE: Circuit Training - Level 1

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 exercise. Emphasis will be on students exercising at a moderate (40% - 50% THR) exertion 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 40% - 50% 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 5% - 10%.

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 each students' starting point for muscular strength/endurance and cardiovascular fitness. Teach students how to calculate and determine their Target Heart Rate (THR) using the Karvonen formula. Stations will be introduced which include a small variety of strength training and fitness exercises.

STUDENT PERFORMANCE OBJECTIVES: Participate in the pre-test fitness assessment. Demonstrate each stations exercises. Calculate and monitor their THR.

7.5 - 15 Hours

CONTENT: Introduce circuit training, alternating between cardio and muscle toning exercises. Monitor THR. An example of a level 1 circuit would be: 4 - 6 exercise stations, completing 2 - 3 sets (rotations). Students would work on each exercise 20 - 30 seconds with a 30 - 45 second recovery time between exercises. The exercises could include: muscular strength/endurance training - modified sit-ups, wall press, hand weights, modified push-ups and wall sit; and for cardiovascular fitness training - step hop, jump rope, lunges and jumping jacks. Work on increasing one's THR to 40% - 50%. An additional station or two may be added. Check THR. Presentation on the benefits/value of exercising on a regular bases and how the exercises they are performing could be incorporated into lifelong activities.

STUDENT PERFORMANCE OBJECTIVES: Demonstrate the proper technique for the strength/endurance training exercises. Participate in a variety of conditioning exercises. Monitor their THR to determine if they are working out at 40% - 50%. Discuss the benefits of exercise and explain how they could incorporate the exercises utilized in class into lifelong activities.

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 6 - 8 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 - chair dips, hand weights at an increased weight, medicine ball vertical extensions, push-ups, lunges and calf raises; and for cardiovascular fitness training - burpees, step ups, sliding, skipping and stride jumps. Increase intensity and duration of exercises to make sure the workout is at 40% - 50% of their 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: Review the benefits of exercise and how the activities performed in this class could be used to maintain a lifetime of fitness. Continue circuit training with 8 - 10 stations performed 30 - 45 seconds each, completing 2 - 4 rotations with 45 seconds - 1 minute rest. Check THR. Fitness assessment (Post-Test) will be conducted.

STUDENT PERFORMANCE OBJECTIVES: Demonstrate 5 muscular strength/endurance training exercises and 5 cardiovascular fitness exercises. Participate in class workouts and post-testing. Complete a self assessment on the benefits of being physically active.

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 %

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: 82A

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: CCC000551843

Sports/Physical Education Course: Y

Taxonomy of Program: 127000