



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 82B **DIVISION:** 40 **ALSO LISTED AS:** KIN 82 PE 82

TERM EFFECTIVE: Summer 2025

CURRICULUM APPROVAL DATE: 05/13/2025

SHORT TITLE: CIRCUIT TRAINING - LEVEL 2

LONG TITLE: Circuit Training - Level 2

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

Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

COURSE DESCRIPTION:

0

This course is a combination of aerobic exercise and resistance training designed to simultaneously improve mobility, strength and stamina. Students rotate from station to station, alternating between cardio and muscle toning exercises. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

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:

By the end of this course, a student should:

1. Calculate, monitor and apply Target Heart Rate (THR) at 50% -60%.
2. Measure muscular strength and endurance to determine an increase of 10% - 15%.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate 5 - 7 intermediate muscular strength and endurance training exercises and 5 - 7 cardiovascular fitness exercises.
2. Participate in a variety of intermediate circuit training routines.
3. Perform intermediate strength and endurance training exercises.
4. Calculate and apply THR to intermediate intensities during workouts.
5. Demonstrate and execute a variety of intermediate level exercises at each station.

COURSE CONTENT:

Curriculum Approval Date: 05/13/2025

6 - 12 Hours

CONTENT: Introduction to class, including course syllabus, course expectations, grading and attendance policies. Pre-test will be conducted to determine each student's current muscular strength and endurance and cardiovascular fitness. Stations will be introduced which include a variety of muscular strength/endurance training and fitness exercises. Review from level 1 - in particular how to calculate and determine their Target Heart Rate (THR). Check THR.

7- 16 Hours

CONTENT: Perform circuit training, alternating between cardio and muscle toning exercises. Monitor THR. An example of a level 2 circuit would be: 6 - 8 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 and endurance training - sit-ups, bench dips, medicine ball chest pass, press up, medicine ball abdominal curl, medicine ball standing torso twist and crunches; and for cardiovascular fitness training - shuttle run, squat jumps, step hop, jump rope and grapevine. Workouts would be performed at 50% - 60% of one's THR. Additional stations may be introduced. Check 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 8 - 10 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, exercise bands, medicine ball straight arm standing throw, medicine ball lay back double arm throw, triceps push-ups and reverse crunches; and for cardiovascular fitness training - jump rope, step ups, "ice skaters" and stride jumps. Increase intensity and duration of exercises. Check THR. Mid-testing could be conducted to evaluate progress and assess development.

6 - 12 Hours

CONTENT: Continue circuit training routines with 10 - 12 stations performed 45 seconds to 1 minute each, completing 3 - 4 rotations with 45 seconds - 1 minute rest. Check THR. Fitness assessment (Post-Test) will be conducted.

2 Hours

CONTENT: Final Exam.

METHODS OF INSTRUCTION:

guided practice, stations, discussion.

METHODS OF EVALUATION:

Problem-solving assignments

Evaluation Percent 5

Evaluation Description

Calculating and monitoring THR.

Skill demonstrations

Evaluation Percent 30

Evaluation Description

Demonstration Exams

Other methods of evaluation

Evaluation Percent 65

Evaluation Description

Class participation required.

REPRESENTATIVE TEXTBOOKS:

No textbook required for this lab class. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000551844

Sports/Physical Education Course: Y

Taxonomy of Program: 127000