

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** CIRCUIT TRAINING

**LONG TITLE:** Circuit Training

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

**COURSE DESCRIPTION:**

This class 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. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 82, effective Fall 2011.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 3 times

**SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. Students will calculate and monitor their Training Heart Rate (THR).

Measure: demonstration

ILO: 2, 7, 6

GE-LO: A1, B3, E1

2. Students will increase their muscular strength/endurance and their cardiovascular fitness by participating in class workouts.

Measure: Pre and Post Testing, demonstration

ILO: 7, 6

GE-LO: E1

3. Students will recognize and value this physical activity, which can be performed throughout life.

Measure: class discussion

ILO: 6, 1, 7, 4

GE-LO: A1, A2, E1

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 8, effective Fall 2011.

Curriculum Approval Date: 10/25/2010

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 starting point for muscular strength/endurance and cardiovascular fitness. Stations will be introduced which include a small variety of strength training and fitness exercises. Teach students how to calculate and determine their Training Heart Rate (THR). As the class progresses, additional stations will be added. Check THR.

**STUDENT PERFORMANCE OBJECTIVES (SPO):** Students will participate in the fitness assessment. They will demonstrate each station's exercises. Students will calculate their THR.

7.5 - 15 Hours

**CONTENT:** Continue circuit training, alternating between cardio and muscle toning exercises. Monitor THR. An example of a circuit could be: 4 - 6 exercise stations, completing 2 - 3 sets (rotations). You would work on each exercise 20 - 30 seconds with a 30 second recovery between exercises. The exercises could include: muscular strength/endurance training - sit ups, bench dips, medicine ball chest pass, press up, and crunches; and for cardiovascular fitness training - shuttle run, squat jumps, step hop, jump rope, and burpees. Continue working on increasing one's THR. New stations may be presented. Check THR.

**SPO:** The students will demonstrate the proper technique for the strength/endurance training exercises. They will participate in a variety of conditioning exercises. They will be able to monitor their THR and determine how much effort they are expending.

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 3 - 5 sets with a 3 minute recovery 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, hand weights, push-ups, lunges, and calf raises; and for cardiovascular fitness training - plyometric jumps, step ups, and stride jumps. Increase intensity and duration of exercises. Check THR.

**SPO:** Students will participate in a variety of circuit training routines. They will increase the intensity and duration of the exercises performed as determined by the monitoring of their THR.

6 - 12 Hours

**CONTENT:** Continue circuit routines. Increase intensity, duration, and number of strength and cardio stations. Check THR. Fitness assessment (Post-Test) will be conducted.

**SPO:** Students will demonstrate 7 muscular strength/endurance training exercises and 7 cardiovascular fitness exercises. They will participate in the fitness assessment.

2 Hours

**CONTENT:** Final.

NOTE: Students who repeat the class will have the opportunity to perform additional exercises designed to improve their muscular strength/endurance and cardiovascular fitness level. This can be done by decreasing the amount of rest between each station and also by increasing the number of repetitions of each exercise, increasing the number of stations, and/or working out at a higher THR level.

**METHODS OF INSTRUCTION:**

guided practice, stations, discussion

**METHODS OF EVALUATION:**

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 - The problem-solving assignments required:

Percent range of total grade: 5 % to 10 %

Other: Calculating and monitoring THR.

CATEGORY 3 - The types of skill demonstrations required:

Percent range of total grade: 30 % to 50 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 %

CATEGORY 5 - Any other methods of evaluation: Class participation required.

Percent range of total grade: 40 % to 60 %

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201150

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201150

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE  
CSU Crosswalk Course Number: 82  
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: CCC000522425  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500