KFIT 7.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 7.1 Title: BEG CIRCUIT TRAINING Full Title: Beginning Circuit Training Last Reviewed: 3/9/2020

Units		Course Hours per Week	l	Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	PHYED 37

Catalog Description:

Beginning circuit training for the purpose of establishing muscular strength and fitness. In addition to various circuit training techniques, this class may also include cardiovascular and core workouts.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Beginning circuit training for the purpose of establishing muscular strength and fitness. In addition to various circuit training techniques, this class may also include cardiovascular and core workouts. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment:

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	I.		Effective: Effective:	Inactive: Inactive:
IGETC:	Transfer Area	L		Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Independently use circuit training equipment and techniques to safely and successfully engage in beginning level circuit training activities.

Objectives:

- 1. Identify basic musculoskeletal anatomy
- 2. Describe the benefits of circuit training
- 3. Explain circuit training skills and techniques.
- 4. Define the basic principles of circuit training.
- 5. Perform individualized fitness assessment and beginning level goals.
- 6. Participate in a beginning level circuit training program.
- 7. Identify modification and progressions for beginning level circuit exercises.
- 8. Assess heart rate in relation to a beginning level circuit training program.

Topics and Scope:

- I. Basic musculoskeletal anatomy
- A. Arms
 - 1. Biceps
 - 2. Triceps
 - 3. Deltoids
 - B. Back
 - 3. Latisimuss Dorsi
 - 4. Trapezius
 - 5. Sacrospinalis/Erector Spinae
 - C. Chest
 - 1. Major Pectoralis
 - 2. Minor Pectoralis
 - D. Abs

- 1. Rectus Abdominus
- 2. Obliques
- 3. Transverse Abdominus
- E. Legs
 - 1. Quadriceps
 - 2. Hamstrings
 - 3. Gluteals
 - 4. Gastrocnemius
- II. Circuit training benefits
- A. Cardiovascular endurance
- B. Muscular endurance
- C. Muscular strength
 - D. Body Composition
- III. Skills and techniques
- A. Proper form
- B. Safety
- C. Exercise performance
- IV. Basic principles
- A. Planned rotation of exercises
- B. Timed intervals
- C. Exercise periods
 - D. Rest periods
- V. Fitness assessment and beginning level goals
- VI. Heart rate
- A. Resting heart rate
- B. Target heart rate

Assignment:

- 1. Written quizzes on basic musculo-skeletal identification
- 2. Fitness Assessment
- 3. Write a personal, individualized weight training program
- 4. Written report on a weight-training related topic and/or maintaining a workout journal
- 5. Objective exams: Multiple choice, true/false, and short answer
- 6. Performance of exercises 1 hour per week per unit in addition to regularly scheduled class meetings

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Individualized workout program, weight training report

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Writing 10 - 20%

None

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performance and performance exams

Exams: All forms of formal testing, other than skill performance exams.

Quizzes, multiple choice, true/false, and short answer

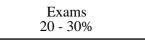
Other: Includes any assessment tools that do not logically fit into the above categories.

Participation, Fitness Assessment

Representative Textbooks and Materials:

Delavier, Frederic - Strenth Training Anantomy - 3rd Edition Human Kinetics, 2010 Instructor prepared materials

Skill Demonstrations 20 - 30%



Other Category 40 - 50%