KFIT 7.2 Course Outline as of Summer 2022

CATALOG INFORMATION

Dept and Nbr: KFIT 7.2 Title: INTER CIRCUIT TRAINING
Full Title: Circuit Training Intermediate
Last Reviewed: 3/9/2020

Units		Course Hours per Week		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:	

Catalog Description:
Intermediate circuit training for the purpose of improving 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: Intermediate circuit training for the purpose of improving 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:

Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

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 intermediate level circuit training activities.
2. Create a personalized intermediate level circuit training program including appropriate progressions and modifications.

Objectives:
At the conclusion of this course, the student should be able to:
1. Explain biomechanics and anatomical movement principles related to intermediate level circuit training exercise.
2. Describe various types of circuit training programs and their benefits.
3. Perform intermediate level circuit training exercises with proper form, kinesthetic awareness, and proprioception.
4. Describe the types of muscle actions matched to specific circuit training exercises.
5. Perform personalized fitness assessment and create goals based on results.
6. Assess appropriate heart rate for an intermediate circuit training workout.
7. Describe modification and progressions for intermediate circuit training exercises.
8. Create a personalized program based on intermediate fitness level.

Topics and Scope:

I. Basic Musculo-Skeletal Anatomy
II. General Circuit Training Principles
  A. Orientation to equipment
    1. Machines
    2. Free weights
    3. Bands
    4. Cardiovascular exercises
    5. Stability balls

6. Pully
B. Safety considerations for circuit training exercises
C. Technique, form, proprioception, and kinesthetic awareness
D. Circuit station programs and design
1. Planned rotation of exercises
2. Timed intervals
3. Exercise
4. Rest
5. Alternating cardio and muscular endurance stations
6. Tabata protocol
7. High Intensity Interval Training (HIIT)
8. Proper use and selection of a variety of fitness equipment

III. Types of Muscular Contraction
A. Concentric
B. Eccentric
C. Isometric
D. Isotonic

IV. Circuit Training Benefits
A. Cardiovascular endurance
B. Muscular endurance
C. Muscular Strength
D. Body Composition

V. Fitness Assessment and Intermediate Level Goals
A. Baseline
B. Post-test

VI. Heart Rate
A. Resting heart rate
B. Target heart rate

VII. Appropriate Modifications and Progressions Based on Fitness Level

Optional Topics:
I. Core Training
II. Basic Nutritional Concepts
A. Healthy Eating
B. Pre and post workout meals
C. Critical evaluation of diets and supplements

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Written quizzes on basic musculo-skeletal identification
2. Calculate body composition
3. Strength testing
4. General warm up exercises, abdominal exercises and stretches
5. Circuit training exercises with machines
6. Write a personal, individualized circuit training program
7. Written report on a weight-training related topic and/or maintaining a workout journal
8. Objective exams: Multiple choice, true/false, and short answer
9. 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	Writing 10 - 20%

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

None	Problem solving 0 - 0%

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

Class performance and performance exams	Skill Demonstrations 20 - 30%

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

Quizzes, objective exams	Exams 20 - 30%

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

Participation	Other Category 40 - 50%

Representative Textbooks and Materials:
Strength Training Anatomy. 3rd ed. Delavier, Frederic. Human Kinetics. 2010 (classic)