

KFIT 7.1 Course Outline as of Fall 2012**CATALOG INFORMATION**

Dept and Nbr: KFIT 7.1 Title: CIRCUIT TRAINING

Full Title: Circuit Training

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	5	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PHYED 37

Catalog Description:

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

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Circuit Training for the purpose of establishing muscular strength and fitness. In addition to various circuit training techniques, this class may also include cardio and core workouts. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

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 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course, the students will be able to:

1. Identify basic musculoskeletal anatomy.
2. Demonstrate the proper skill and technique in use of equipment and circuit training techniques.
3. Develop a personalized diet based on personal fitness goals.
4. Demonstrate knowledge of muscles trained during specific exercises.
5. Identify current fitness level and goals and construct a personalized weight training program based on them.
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

1. Basic musculo-skeletal anatomy
2. Heart rate and how it relates to different levels of fitness
3. Functions of weight training machines and exercises
4. Techniques of weight training
5. Basic nutrition
6. Circuit training styles and programs
7. Correlation between specific exercises and desired outcomes
8. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

Assignment:

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 weight 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
10. Repeating students must demonstrate an increased level of performance.

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, multiple choice, true/false, and short answer

Exams
20 - 30%

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

Attendance and participation

Other Category
40 - 50%

Representative Textbooks and Materials:

Instructor prepared materials