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		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:

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 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	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.

Participation, Fitness Assessment	Other Category 40 - 50%

Representative Textbooks and Materials:
Delavier, Frederic - Strenth Training Anantomy - 3rd Edition Human Kinetics, 2010
Instructor prepared materials