



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Fall 2019 **CURRICULUM APPROVAL DATE:** 10/09/2018

SHORT TITLE: CIRCUIT TRAINING - LEVEL 2

LONG TITLE: Circuit Training - Level 2

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

COURSE DESCRIPTION:

This course is a combination of aerobic exercise and resistance training designed to simultaneously improve mobility, strength and stamina. Students rotate from station to station, alternating between cardio and muscle toning exercises. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Calculate, monitor and apply their Target Heart Rate (THR) to determine they are participating in class workouts at 50% -60% of their THR.

Measure of assessment: demonstration, worksheet, pre and post testing

Year assessed, or planned year of assessment: 2019

Semester: Fall

2. Measure their muscular strength/endurance to determine an increase of 10% - 15%.

Measure of assessment: pre and post testing, demonstration

Year assessed, or planned year of assessment: 2019

Semester: Fall

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

Curriculum Approval Date: 10/09/2018

6 - 12 Hours

CONTENT: Introduction to class, including course syllabus, course expectations, grading and attendance policies. Pre-test will be conducted to determine each students' current muscular strength/endurance and cardiovascular fitness. Stations will be introduced which include a variety of muscular strength/endurance training and fitness exercises. Review from level 1 - in particular how to calculate and determine their Target Heart Rate (THR). Check THR.

STUDENT PERFORMANCE OBJECTIVES: Participate in the pre-test fitness assessment. Perform a variety of exercises at each station and calculate their THR to determine the intensity level of their workout.

7.5 - 15 Hours

CONTENT: Perform circuit training, alternating between cardio and muscle toning exercises. Monitor THR. An example of a level 2 circuit would be: 6 - 8 exercise stations, completing 2 - 3 sets (rotations). Students would work on each exercise 30 - 45 seconds with a 30 - 45 second recovery time between exercises. The exercises could include: muscular strength/endurance training - sit-ups, bench dips, medicine ball chest pass, press up, medicine ball abdominal curl, medicine ball standing torso twist and crunches; and for cardiovascular fitness training - shuttle run, squat jumps, step hop, jump rope and grapevine. Workouts would be performed at 50% - 60% of one's THR. Additional stations may be introduced. Check THR.

STUDENT PERFORMANCE OBJECTIVES: Perform the strength/endurance training exercises. Participate in a variety of conditioning exercises. Monitor their THR to determine if their exercise intensity is between 50% - 60% of their THR.

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 8 - 10 exercises, completing 2 - 3 sets with a 45 second to 1 minute recovery time 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, medicine ball straight arm standing throw, medicine ball lay back double arm throw, triceps push-ups and reverse crunches; and for cardiovascular fitness training - jump rope, step ups, "ice skaters" and stride jumps. Increase intensity and duration of exercises. Check THR. Mid-testing could be conducted to evaluate progress and assess development.

STUDENT PERFORMANCE OBJECTIVES: Participate in a variety of circuit training routines. Increase the intensity and duration of the exercises performed and monitor their THR to determine if they are exercising between 50% - 60% of their THR. Participate in mid-testing.

6 - 12 Hours

CONTENT: Continue circuit training routines with 10 - 12 stations performed 45 seconds to 1 minute each, completing 3 - 4 rotations with 45 seconds - 1 minute rest. Check THR. Fitness assessment (Post-Test) will be conducted.

STUDENT PERFORMANCE OBJECTIVES: Demonstrate 5 - 7 muscular strength/endurance training exercises and 5 - 7 cardiovascular fitness exercises. Participate in class workouts and the fitness assessment post-testing.

2 Hours

METHODS OF INSTRUCTION:

guided practice, stations, discussion

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 0.00 %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason: Course primarily involves skill demonstration or problem solving

Problem-solving assignments

Percent of total grade: 5.00 %

Percent range of total grade: 5% to 10% Other: Calculating and monitoring THR.

Skill demonstrations

Percent of total grade: 30.00 %

Percent range of total grade: 30% to 50% Demonstration Exams

Other methods of evaluation

Percent of total grade: 40.00 %

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201470

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201470

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 82B

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000551844

Sports/Physical Education Course: Y

Taxonomy of Program: 127000