

# College of San Mateo

## Course Outline

- New Course  
 Update/No change  
 Course Revision (Minor)  
 Course Revision (Major)

Date: 10.30.08

Department: FITN

Number: 206

Course Title: Circuit Weight Training Units: .5-1.0

Total Semester Hours: Lecture: Lab: 24-48 Homework: By Arrangement:

### Length of Course

- Semester-long  
 Short course (Number of weeks 6-8)  
 Open entry/Open exit

### Grading

- Letter  
 Pass/No Pass  
 Grade Option (letter or Pass/No Pass)

1. Prerequisite (Attach Enrollment Limitation Validation Form.)

none

2. Corequisite (Attach Enrollment Limitation Validation Form.)

none

3. Recommended Preparation (Attach Enrollment Validation Form.)

none

4. Catalog Description (Include prerequisites/corequisites/recommended preparation.)

Circuit weight training, includes anaerobic and aerobic conditioning for students who wish to develop a comprehensive muscle endurance/aerobic base. This class is designed to incorporate a structured, non-stop exercise routine to increase strength and endurance. Plus one lab hour by arrangement per week. Student will be required to keep a daily exercise log for the semester. May be taken four times for a maximum of 4 units. Credit/No Credit or letter grade option. (CSU,UC)

5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation.)

Circuit weight training, includes anaerobic and aerobic conditioning for students who wish to develop a comprehensive muscle endurance/aerobic base. This class is designed to incorporate a structured, non-stop exercise routine to increase strength and endurance. Plus one lab hour by arrangement per week. Student will be required to keep a daily exercise log for the semester. May be taken four times for a maximum of 4 units. Credit/No Credit or letter grade option. (CSU,UC)

6. Student Learning Outcomes (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:

- a. Employ lifting techniques into their exercise program
- b. Incorporate aerobic equipment into their exercise program
- c. Incorporate flexibility exercises relative to fitness goals
- d. Organize all exercise modalities in the most effective order based on individual fitness goals
- e. Provide feedback to instructor to better facilitate exercise effectiveness
- f. Employ safety procedures

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. If this is the case, please simply indicate this in this section).*

Same as SLO's

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

I. Introduction

- a. Review of appropriate and safe use of all equipment and exercises
- b. Review and demonstration of techniques of all exercises, apparatus, and free mode exercises
- c. Review of how the curcuit is organized and executed, benefits of curcuit weight training, pros and cons, kinesiology as it applies to curcuit weight training , and injury prevention

II. Aerobic exercises

- a. Bicycle ergometer
- b. Treadmill
- c. Step - ups
- d. Jump rope
- e. Rowing
- f. Eliptical
- g. StairMaster

III. Anaerobic exercises

- a. Dumb bell lifts
- b. Selectorized Machines
- c. Cables
- d. Whole Body Movement
- e. Medicine ball drills
- f. Plyometrics

IV. Flexibility exercises

- a. Multi joint stretches
- b. Single joint stretches
- c. Dynamic stretching
- d. Static stretching
- e. Progressive stretch

V. Concepts of Curcuit Weight Training

- a. Aerobic
- b. Anaerobic
- c. Muscle strength

- d. Muscle endurance
- e. Flexibility
- f. Body composition
- g. Injury prevention

- VI. Concepts of kinesiology
  - a. Muscle action
  - b. Neuromuscular function
  - c. Physiological adaptation

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.) **If hours by arrangement are required by this course, indicate the additional instructional activity which will be provided during this time.**

Lectures, instructor demonstrations, class discussions, take-home assignments, skills practice.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

Skills observation, quizzes, pre and post physical assessment (aerobic capacity, weight, sit-ups, resting heart rate, resting blood pressure, flexibility, body composition).

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

- 1. Strength Training Anatomy: By Frédéric Delavier  
Published by Human Kinetics, 2005,
- 2. Instructor Handouts

Prepared by: \_\_\_\_\_  
(Signature)

Email address: schmidt@smccd.edu

Submission Date: \_\_\_\_\_