Las Positas College
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Course Outline for KIN WTW2

WOMEN'S CIRCUIT TRAINING

Effective: Spring 2015

I. CATALOG DESCRIPTION:
KIN WTW2 — WOMEN'S CIRCUIT TRAINING — 1.00 - 2.00 units

This course will present the basic tenets of Circuit Training. The Circuits to be introduced are Power Circuits, Strength Circuits and Cardio-Resistance Circuits. The Course will include basic muscle anatomy & anatomical movement terminology as it relates to weight training, instruction on use of equipment and safety guidelines, physiological changes in aerobic capacity and body composition secondary to the circuits, and pre/post physical fitness assessments to establish a baseline for current level of conditioning and improvement made over the course of the semester.

1.00 - 2.00 Units Lab

Strongly Recommended
KIN WTW1 - Women's Weight Training One
with a minimum grade of C

Grading Methods:
Letter or P/NP

Discipline:
- Physical Education

Family: Kinesiology Circuit Training for Women

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINWTW1

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

A. Select specific machines or resistance exercises for each major muscle group
B. Execute the exercise correctly in form and technique
C. Identify and name the "prime mover" muscle(s) by their anatomical name and movement.
D. Discuss aerobic capacity and body composition principles and their application to circuits and physical fitness
E. Describe the differences in the Circuits
F. Select the appropriate circuit for level of physical condition or specific sport.

V. CONTENT:
A. Introduction to the Concept of Circuit Training
    1. Overview of the components of the Power Circuit, Strength Circuit & Cardio/Resistance Circuit
B. Anatomical presentation of the "prime mover" muscle or muscle group used in each skill.
    1. Anatomy to include: pectoralis, trapezius, latissmus dorsi, deltoids,biceps triceps, gluteus quadraceps, hamstrings, gastrocnemius,rectus abdominis, obliques
C. Anatomical terminology of movement to inlcude: anterior/posterior, lateral, flexion/extension, internal/external, rotation, abduction/adduction, proximal/distal
D. Appropriate use and safety of each specific weight training machine and utilization of free weights, gym balls, and medicine balls
E. Discussion of aerobic capacity and body composition changes secondary to implements a circuit program into lifestyle
F. Pre/Post Assessment to identify baseline physical fitness level and reflect improvement &/or ability to maintain physical fitness capacity.

VI. METHODS OF INSTRUCTION:
A. **Classroom Activity** -
B. **Discussion** -
C. **Individualized Instruction** -

D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:
A. Read sections of text that are related to topics presented.
B. Read handouts given in class or posted on Blackboard.
C. Be prepared to participate in classroom discussions.
D. Design a personal Circuit program as a part of the final exam.

VIII. EVALUATION:
A. **Methods**

1. Exams/Tests
2. Quizzes
3. Class Participation
4. Other:
   Physical Fitness Assessments to include: 1 mile walk, Body Composition Anaysis , and Muscular Endurance Assessments
   Handouts on specific topics

B. **Frequency**

Pre and Post Assessments

Midterm and Final Written Exams

IX. TYPICAL TEXTS:
1. Frederic Delavier *Strength Training Anatomy.* third ed., Human Kinetics, 2010.

X. OTHER MATERIALS REQUIRED OF STUDENTS:
A. Students should have internet access for materials presented on Blackboard or required research of pertinent topics.
B. Students are required to wear appropriate exercise attire and footwear.
C. Students should have their own towel and water bottle.