Las Positas College
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Course Outline for KIN WTW2

WOMEN'S CIRCUIT TRAINING

Effective: Spring 2019

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
1. Demonstrate how to utilize the weight training equipment safely and proper gym etiquette
2. Identify the basic musculoskeletal anatomical features of the human female body
3. Describe the kinesiology movements of the female body
4. Explain the fundamental tenets of the weight training prescription
5. Discuss body composition, assessment, and data intepretation
6. Articulate appropriate and achievable personal weight training goals
7. Perform a personal assessment of physical conditioning/fitness and weight training program

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 muscular strength and muscular endurance 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 & Endurance 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, dumb bells 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. Be prepared to participate in daily classroom activity.
B. Design a personal Circuit program for muscular strength and muscular endurance.
C. Complete midterm and final physical assessments.

VIII. EVALUATION:
Methods/Frequency

A. Exams/Tests
Final Written Exam
B. Class Participation
daily
C. Final Class Performance
Final fitness assessments

IX. TYPICAL TEXTS:
1. Delavier, Frederic. *Delavier's Women's Strength Training Anatomy Workouts.* 1st ed., Human Kinetics , 2015.
2. Ronnberg, Olga. *Strength Training for Women; Training Programs, Food, Motivation for a Stronger More Beautiful Body .* 1st ed., Skyhorse Publishing , 2017.
3. Shepherd, John . *Strength Training for Women .* 1st ed., Bloomsbury Sport, 2016.

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