Las Positas College
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Course Outline for KIN KINXX

CIRCUIT TRAINING

Effective: Fall 2020

I. CATALOG DESCRIPTION:
KIN KINXX — CIRCUIT TRAINING — 1.00 units

This course will increase muscular endurance/strength as well as cardiovascular conditioning through the use of strength and cardio circuits utilizing a wide variety of equipment such as treadmills, bosu balls, battling ropes, free weights and sandbags.

1.00 Units Lab

Grading Methods:
Letter or P/NP

Discipline:
- Physical Education

	MIN
Lab Hours:	54.00
Total Hours:	54.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

A. Demonstrate and explain the physiological reasons for a warm up
B. Differentiate between the following fitness components: cardiovascular conditioning, muscular endurance, muscular strength, and flexibility.
C. Safely use the cardiovascular equipment
D. Safely use the strength training machines
E. Safely use the free weight equipment (i.e. dumbbells, barbells, medicine balls, bosu balls, resistance bands, sandbags)
F. Perform and explain the physiological reasons for a cool down.
G. Describe the different types of circuit training: body weight circuits, machine-weight circuits, free-weight circuits, cardiovascular machine circuits, and cardio/resistance circuits.
H. Perform movements in a safe and effective manner.

V. CONTENT:
A. Introduction to the concept of Circuit Training
    1. Overview of the components of Power Circuit, Strength Circuit, Endurance Circuit, and Strength-Endurance circuits.
B. Anatomical Presentation of the "prime mover" muscle or muscle group used in each skill.
    1. Anatomy to include: Pectoralis, trapezius, latissimus dorsi, deltoids, bicepsm truceosm gluteals, quadriceps, hamstrings, gastrocnemius, abdominals, obliquies, and spine erectors.
C. Anatomical terminology of movement.
    1. Anterior/Posterior
    2. Flexion/Extension
    3. Adduction/Abduction
    4. Internal/External
    5. Proximal/Distal
D. Appropriate use and safety of weight training machines, dumbbells, barbells, medicine balls, bosu balls, steps, stability balls, kettlebells, sandbags, suspension trainers, bands, cardiovascular machines
E. Introduction to appropriate warm up and cool down
    1. Cardiovascular warm up
    2. Dynamic Stretching
    3. Activation exercises
    4. Static Stretching
F. Exercise Intensity
    1. Target Heart Rate (Karvonen method)
    2. Talk Test
    3. Rate of Perceived Exertion
G. Goal Setting using SMART goals
H. Pre and Post test fitness assessments
    1. 3 minute Step Test

2. 9 minute treadmill test

VI. METHODS OF INSTRUCTION:
- A. **Classroom Activity** -
- B. **Demonstration** -
- C. **Observation and Demonstration** -
- D. **Lecture** -

VII. TYPICAL ASSIGNMENTS:
- A. Daily Participation in Circuit Training workouts
- B. Demonstrate correct technique for strength training exercises (machines, free weights and body weight).
- C. Demonstrate correct technique and form for cardiovascular exercises.
- D. Participate in creating SMART goals and track progress throughout the semester.
- E. Pre and Post testing of cardiovascular fitness.

VIII. EVALUATION:
Methods/Frequency

- A. Exams/Tests
  2/semester
- B. Class Participation
  daily
- C. Class Work
  SMART goal setting, 3-4/semester

IX. TYPICAL TEXTS:
1. Haff, Gregory, and Travis Triplett. *Essentials of Strength Training and Conditioning.* 4 ed., Human Kinetics, 2016.
2. Boyle, Michael. *New Functional Training for Sports.* 2 ed., Human Kinetics, 2016.
3. Broussal-Derval, Aurelien, and Stephane Ganneau. *The Modern Art of High Intensity Training.* 1 ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: