

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Serinna Eason	Date:	11/12/2020
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	114A	Strength Training: Circuit

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 114A: Strength Training: Circuit is consistent with the intent of Area E because the main focus of this course is the study and implementation of a fitness program which will improve student physical fitness levels by formulating, implementing and evaluating their personal weight training program (GELO4). Students will learn and apply valuable information regarding hydration, supplements and proper diet as they evaluate their personal diets and make positive changes for a healthy eating style which will have a positive influence on their overall health as well as improving their strength training experience (GEL03).
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Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.10

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is a combination of high-intensity aerobics and resistance training designed to target fat loss, increase muscular strength and endurance, improve cardiovascular endurance and flexibility. Training sessions involve moving from one weight machine to an aerobic station. Proper safety precautions will be introduced and implemented throughout this course.

Schedule Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course is a high-intensity aerobics and resistance training. Training sessions involve moving from one weight machine to an aerobic station.

Need for the course:

This course will diversify department offerings within the fitness category of the physical education program while meeting student demand. This addition also meets the objectives of the department’s program review. This course is required for AA-T in Kinesiology and for Physical Education - Associate in Arts.

Prerequisite(s):
Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):
Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:
Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:
(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Develop increases in muscular strength and endurance, cardiovascular endurance, and flexibility.
 2. Investigate the major muscle groups of the body and their relation to specific weight training exercises.
 3. Demonstrate proper lifting techniques when using selected equipment.
 4. Examine the basic concepts of cardiovascular fitness and the heart rate training zone and apply these concepts to their individual workout programs.
 5. Apply proper safety procedures into weight training activities.

Course Content:

(please number the outline of main topics and subtopics)

This is a Lab course only.

Lab Content:

(please number the outline of main topics and subtopics)

1. Introduction to Basic Weight training concepts
 1. Sets & Repetitions
 2. Differences between muscular endurance, strength and general fitness
 3. Proper Technique
 4. Basic Muscle Anatomy
 2. Weight Training Principles
 1. FITT (frequency, intensity, time, type)
 2. Progressive Overload
 3. Individuality and Specificity
 4. Adaption
 3. Etiquette, Safety and Technique Fundamentals
 1. Proper execution and lifting techniques for each exercise.
 2. Using the equipment safely
 3. Spotting techniques.
 4. Proper clothing and shoes
 4. Guidelines for proper warm-up and cool down
 1. Cardio warm-up
 1. Walk
 2. Jog
 3. Stair Stepper
 4. Bike
 5. Elliptical machine
 6. Jump Rope
 2. Stretch
 1. Static Stretch
 2. Dynamic Stretch
 3. Main muscle groups involved:
 1. quadriceps
 2. hamstrings
 3. groin
 4. lower back
 5. triceps
 6. pectorals
 4. Secondary muscle groups involved:
 1. calves
 2. neck
 3. biceps
 4. forearms
 5. upper back

6. shoulders	
5. Types of Circuit Training	
1. Work/Rest Circuit	
2. Cardio Circuit	
3. Stretch Circuit	
6. Assessments	
1. Strength Assessment	
2. Cardiorespiratory Assessment	
3. Written Exams	
4. Assignments	

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

● Method: Lecture Integration: Lecture will convey specific expectations regarding muscular strength and endurance gains along with cardiovascular endurance and flexibility. ● Method: Activity Integration: Activities will allow students to apply the knowledge base they have received through demonstration, lecture, and viewing videos. ● Method: Observation and Demonstration Integration: Demonstration and observations will be used to properly instruct students in proper lifting techniques, stretching and safety procedures. ● Method: In-class Exercises Integration: In-class exercises will be used in teaching specific training techniques that develop muscular strength and cardiovascular endurance. ● Method: Readings Integration: Readings will be distributed to students that will aid them in their understanding of the major muscle groups involved in specific weight exercises. ● Method: Film/video Viewing and Discussion Integration: Film/video viewing will be presented to demonstrate proper lifting, stretching, and safety procedures.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

● Method: Class Performance Integration: Class performance will utilize informal weekly progress monitoring completed by peers and the instructor. These assessments will included increasing repetitions, increasing weight used, decreasing time, or weight/body fat % tracking. ● Method: Class Participation Integration: Class participation will be evaluated by observing the student's ability to perform specific exercises based on correct form and precision, participation in work out sessions and completing a daily exercise log. ● Method: Exams/Tests Integration: Written exams will be taken by students which will reflect the students' knowledge of muscle anatomy, basic lifting and safety techniques. ● Method: Portfolios Integration: Fitness portfolios will assess the five components of fitness by fitness assessments. Muscular strength will be evaluated through a one repetition maximum testing. Cardiorespiratory performance will be measured with the Rockport 1-mile walk/run test. Flexibility will be measured by a sit an reach testing method. Body fat will be measured with an electrical impedance machine.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

Assignment #1:

Fitness Assessment Portfolio

You will use fitness assessments to measure various aspects of your body and its abilities. A fitness assessment identifies your current fitness levels and serves as a baseline, or starting point of your body's fitness. You can use this fitness assessment to figure out your training needs and goals. You then compare your progress over time to the initial fitness assessment.

You will complete three fitness assessments throughout the semester. Each fitness assessment will focus on the five components of fitness. Cardiovascular endurance will be measured by the Rockport one mile test, Muscular strength will be measured by a push-up, plank test or one repetition maximum test, muscular endurance will be measured by a wall-sit test, and body composition will be measured using a bioelectrical impedance device. You are required to complete a Post-Assessment, Midpoint-Assessment, and Final-Assessment.

Assignment #2

Personal Fitness Plan Assignment

Personal Fitness Plan: Circuit Training Specific (Section 1)

For this section you will write in detail about various aspects of your personal fitness. Make sure you include the following components in your PFP:

- Definition of physical fitness- what you think it is and the actual book's definition.
- Define the 5 Health Related Areas of Fitness and provide an example of each.
- Self-Evaluation of your current fitness using the five above components. You can use the fitness testing and activities we have done in class along with other activities you are involved in.
- State two or more, specific and measurable goals for improving fitness.
- Describe the exercises or activities that will facilitate you reaching your goals for improving fitness.
- Finally, explain how and why it is important to warm-up and cool-down when exercising and make sure you include what you plan to do for your warm-ups and cool downs.

Personal Fitness Calendar (Section 2)

Create a calendar to describe two months worth of activity that you will use to improve your personal fitness. Make sure all areas of fitness are addressed on the calendar. Include frequency, intensity, time and type (for example, space your cardiovascular workouts out during the week and don't have several "extremely hard" days in a row.) Try to make this plan realistic, and challenging. Make sure your activities clearly line up with your goals.

- Two months of activities that will help you meet your goals and address the five areas of fitness
- Proper use of training principles—progression and overload
- Make sure the calendar clearly shows frequency, intensity, time or type of activity

Conclusion (Section 3)

- Summarize the steps you will take to meet your specific goals. Include any possible road blocks that might be potential obstacles and what strategies can be used to overcome these obstacles.
- What are your future plans for fitness and how do you intend to stay physically fit throughout your lifetime?

Textbooks:

- Thomas Baechle & Roger Earle (2019). *Weight Training* Human Kinetics. ISBN: 9781492586982

Other Resources:

Minimum Qualification

- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)