

PE G167: SUPER CIRCUIT TRAINING ADVANCED

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	54 Total Hours (Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• GWC Lifelong Understanding (GE)

Course Description

The super circuit physical training program provides the student a combination of strength training with an emphasis on cardio-vascular conditioning for a total body workout. The super circuit is an accelerated circuit training program. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. identify and apply the correct techniques of exercises to accomplish the super circuit training program.
3. assemble techniques to improve his or her cardiovascular fitness and muscle conditioning.
4. measure and interpret his or her target heart rate ranges during exercising.

Course Objectives

- 1. do the correct techniques of exercises to accomplish the super circuit training program.
- 2. use the super circuit equipment, alternating from each weight machine to an exercise bike to 30 second rotations.
- 3. improve his/her cardiovascular fitness and muscle conditioning.
- 4. monitor his/her target heart rate ranges during exercising.

Lab Content

1. The student will learn the proper workout methods on each of the weight machines and aerobic bikes. (alternating 30 seconds of weightlifting with 30 seconds of aerobic activity on an exercise bike).
2. The student will be physically assessed for his/her individual workout program. This will ensure a safe progress for exercising within the appropriate target heart rate.
3. Students will exercise by alternating upper and lower body exercises without rest intervals. Beginning level 6-11 exercise stations and increasing gradually to 22 stations.
4. Students will be required to keep a workout record of their exercise program throughout the semester. The instructor will check each

students workout card after each class. 5. Students will monitor their heart rate for resting rate, maximum heart rate range, and exercise target range zone. 6. The class will begin with group warm-up and a cool down exercise program following the workout. 7. Testing: the student must complete a pre-test at the beginning of the semester and re-test every 4 weeks of the semester. 8. The super circuit is designed to bring about peak total body conditioning and fitness.

Method(s) of Instruction

- Lab (04)

Writing Assignments

The student will: 1. Record each workout on his/her workout card. (Keep a weekly file of each workout.) 2. Be required to monitor and record his/her target exercise heart rate zone for each class. 3. Be tested every 4 weeks for strength and cardiovascular improvement. 4. Be asked to evaluate his/her physical improvement.

Out-of-class Assignments

Students will meet with the instructor every 3 weeks to evaluate his/her workout program. The instructor will discuss methods of improvement, nutrition, and healthful living habits.

Demonstration of Critical Thinking

Each student will evaluate: 1. His/her physical fitness level at the beginning of the semester. (They will fill out a biographical questionnaire answering questions concerning their fitness level.) 2. One another on using the equipment properly and safely. Techniques of proper lifting, proper breathing, and monitoring heart ranges correctly. 3. When to accelerate his/her workout program. (Increase weight, number of repetitions, and add more equipment stations.)

Required Writing, Problem Solving, Skills Demonstration

The student will: 1. Record each workout on his/her workout card. (Keep a weekly file of each workout.) 2. Be required to monitor and record his/her target exercise heart rate zone for each class. 3. Be tested every 4 weeks for strength and cardiovascular improvement. 4. Be asked to evaluate his/her physical improvement.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Proper workout attire for the super circuit to include aerobic or workout shoes.