

PHED 45C: CIRCUIT TRAINING

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Design and implement a strength training workout applying resistance principles to produce desired training effects
- Demonstrate safe and appropriate use of resistance training machines and free weights

Description

Increase strength, flexibility and cardiovascular endurance through the application of circuit training.

Course Objectives

The student will be able to:

- Define and explain what circuit training is and the benefits of exercise to health.
- Improve flexibility and muscular strength.
- Improve cardiovascular endurance.
- Understand how to properly execute exercises for the major muscle groups.
- Understand how to include strength, endurance, flexibility and cardiovascular exercises into a workout.
- Identify personal fitness goals and design a workout plan to achieve it.

Course Content

- Principles of training
 - Overload
 - Specificity
 - Reversibility
- Training variables
 - Frequency
 - Duration
 - Intensity
- Components of circuit training
 - Strength
 - Muscular endurance
 - Cardiovascular endurance
 - Flexibility
- Weight training
 - Exercise selection
 - Proper alignment and form

- Sets/repetitions
- Cardiovascular training
 - Exercise selection
 - Proper alignment and form
- Flexibility
 - Exercise selection
 - Proper alignment, form and execution

Lab Content

Lab content includes plyometrics, weight lifting, sprints and stretching.

Special Facilities and/or Equipment

- Weight room or Fitness Center.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Students are required to:

- Show regular and active class participation.
- Have a written and/or oral evaluation made by the instructor testing the student's knowledge of:
 - What are the benefits to exercise.
 - What is circuit training.
- Identify and demonstrate exercises that focus on the different core muscle groups of the body.

Method(s) of Instruction

Laboratory course, skill demonstration, instructor explanation and feedback.

Representative Text(s) and Other Materials

Verkhoshansky, Yuri, and Natalia Verkhoshansky. [Special Strength Training](#). JVG Books, LLC, 2015.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education