

PHED 45C: CIRCUIT TRAINING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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:

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

Course Content

1. Principles of training
 - a. Overload
 - b. Specificity
 - c. Reversibility
2. Training variables
 - a. Frequency
 - b. Duration
 - c. Intensity
3. Components of circuit training
 - a. Strength
 - b. Muscular endurance

- c. Cardiovascular endurance
 - d. Flexibility
4. Weight training
 - a. Exercise selection
 - b. Proper alignment and form
 - c. Sets/repetitions
 5. Cardiovascular training
 - a. Exercise selection
 - b. Proper alignment and form
 6. Flexibility
 - a. Exercise selection
 - b. Proper alignment, form, and execution

Lab Content

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

Special Facilities and/or Equipment

1. Weight room or fitness center.
2. 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

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

Students are required to show regular and active class participation
Students are required to have a written and/or oral evaluation made by the instructor testing the student's knowledge of:

1. What are the benefits to exercise
2. What is circuit training

Students are required to identify and demonstrate exercises that focus on the different core muscle groups of the body

Method(s) of Instruction

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

Laboratory course
Skill demonstration
Instructor explanation and feedback

Representative Text(s) and Other Materials

Santana, Juan Carlos. *Functional Training*. 2016.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education