



El Camino College
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 259
Descriptive Title: Circuit Training
Course Disciplines: Physical Education
Division: Health Sciences and Athletics

Catalog Description:

This course focuses on the concept of circuit training: a sequence of exercises performed with minimal rest periods between exercise stations. Emphasis is placed on the development of cardiorespiratory endurance, muscular endurance, core conditioning and body composition. Assessments of fitness components will be used to develop exercise prescriptions.

Conditions of Enrollment:

Course Length:	X Full Term	Other (Specify number of weeks):
Hours Lecture:	0 hours per week	TBA
Hours Laboratory:	3.00 hours per week	TBA
Course Units:	1.00	

Grading Method: Letter
Credit Status: Associate Degree Credit
Transfer CSU: X Effective Date: 12/17/2012
Transfer UC: X Effective Date: Fall 2013

General Education:
El Camino College:
5 – Health and Physical Education
Term: Fall 2013 Other:

CSU GE:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate improvement of the cardiovascular system through the use of fat burning circuit training.
2. Students will distinguish the differences between the aerobic and anaerobic energy systems.
3. Students will calculate their aerobic target heart rate.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Identify and define the basic fitness components relating to muscular endurance and cardiorespiratory fitness.
 - Quizzes
2. Differentiate between the modes of activity that specifically improve muscular endurance and cardiorespiratory fitness.
 - Quizzes
3. Evaluate improvement in cardiorespiratory fitness, muscle endurance, and body composition through use of personal fitness profiles.
 - Journal (kept regularly throughout the course)
4. Demonstrate correct techniques for monitoring exercise intensity.
 - Class Performance
5. Calculate training intensity target zones and list the benefits of exercising within their parameters.
 - Journal (kept regularly throughout the course)
6. Identify basic muscle groups and describe basic functions related to endurance exercise performance.
 - Quizzes
7. Set up a personalized circuit training fitness workout based on the individual's fitness profile.
 - Class Performance
8. Explain correct exercise technique utilized in various resistance and cardiorespiratory training modes.
 - Essay exams
9. Evaluate the values and limitation of interval verses continuous endurance exercise training.
 - Quizzes

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	3	I	Course Orientation A. Course Syllabus B. Warm up Exercises C. Equipment Orientation
Lab	3	II	Physical Assessments A. Body Composition B. Aerobic Capacity C. Muscle Endurance
Lab	6	III	Monitoring Muscle Endurance and Cardiorespiratory Endurance A. Ratings of Perceived Exertion (RPE) Scale B. Training Exercise Heart Rate Formula C. Exercise Recovery Heart Rate Formula
Lab	30	IV	Circuit Training Conditioning A. Mode of Exercise B. Exercise Stations C. Exercise Techniques D. Corresponding Muscle Groups with Exercises E. Recording of Training Data F. Active Rest and Recovery
Lab	12	V	Continuous Aerobic Conditioning A. Mode of Exercise B. Exercise Stations C. Recording of Training Data D. Active Rest and Recovery
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

The student will demonstrate a series of muscular endurance and cardiorespiratory training movements to the instructor. The instructor will evaluate the performance of the student based on competence for using the fitness equipment, proper technique, and a verbal explanation of the muscles being trained.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Evaluate your muscular conditioning circuit training program regarding, sequence of exercises, exercise technique, training intensity and duration, and overall effectiveness towards your personalized fitness goals. Discuss your findings with your instructor during class participation.
2. Appraise the cardiorespiratory effects and benefits of a continuous training mode when compared to an interval training mode. Discuss your findings with the instructor during class participation.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Other exams
Embedded questions
Quizzes
Class Performance
Multiple Choice
Completion
Matching Items
True/False

V. INSTRUCTIONAL METHODS

Demonstration
Group Activities
Laboratory

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

NO TEXT BOOK REQUIRED

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Brandon Alcocer on 09/27/2012.

BOARD APPROVAL DATE: 12/17/2012

LAST BOARD APPROVAL DATE: 05/21/2019

Last Reviewed and/or Revised by Robert Uphoff on 03/01/2019
17549