

KIN 0005B - STRENGTH TRAINING - CIRCUIT AND POWER LIFTING

Catalog Description

Formerly known as PHED 5B

Hours: 36 activity per unit

Description: Strength training exercises in progressive circuit and power lifting with free weights and weight machines. Designed to develop core strength, muscular strength and endurance. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Outline the safety guidelines for circuit training and power lifting.
- CSLO #2: Design strength exercises for the upper and lower body.
- CSLO #3: Assess and evaluate the correlation between strength training and weight management.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Analyze concepts and applications of the circuit and power exercises as related to the human body.
2. Formulate effective testing and interpret results related to specific performance enhancements in circuit training.
3. Compare and contrast circuit and strength training exercise techniques with respect to individual performance enhancement.
4. Compare and contrast organization and administration for a circuit and power strength training program and training facility.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Through discussion, students will correctly List at least five different benefits to circuit training for an oral quiz question.
- Reports
 - Example: Choose one of the following and write a one page essay:
 - The differences between power lifting and weight training.
 - How do you determine the order of exercises when designing a circuit training workout.
- Skill Demonstrations
 - Example: Students will accurately describe and demonstrate six different power lifting exercises focusing on the lower body.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will assign an article review pertaining to the pros and cons of power lifting. After students complete the review, instructor will lead class discussion to review findings.
2. Instructor will demonstrate and lead the proper stretching exercises to be used during a pre-circuit training workout followed by students getting into groups and carrying out stretching and active warm up routine.

Distance Learning

1. The instructor will lecture on circuit and strength training exercise techniques. The students will create a circuit and strength training workout to share on discussion board.

Typical Out of Class Assignments

Reading Assignments

1. Read an article on circuit training equipment and make a list of the top 10 pieces of equipment to purchase.
2. Read an article on the benefits of power lifting workouts and write a one-page summary.

Writing, Problem Solving or Performance

1. Compare and contrast neuromuscular adaptations in circuit training.
2. Design a 6 station circuit training workout focusing on 3 lower body and 3 upper body workouts at a high intensity.
3. Research and verbally report on multiple abdominal exercises that the class has not covered.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Circuit Training Workouts: The Top 50 Circuit Training Workouts That Build Muscle & Burn Fat
 - Author: R. M. Lewis
 - Publisher: R&C Publishing via PublishDrive
 - Publication Date: 2018
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.