

**CUYAMACA COLLEGE**  
COURSE OUTLINE OF RECORD

**EXERCISE SCIENCE 011 – CIRCUIT TRAINING**

3 hours laboratory, 1 unit

**Catalog Description**

Kinesiology Lab course designed to develop and encourage positive attitudes and habits with regard to exercise. Each student will be assessed in the areas of body composition, cardiovascular efficiency, muscular strength and endurance, and flexibility. An individual fitness profile will then be established. From this profile, an individual fitness prescription will be developed. Fitness activity will primarily utilize exercise equipment organized into a super circuit. *Due to health and safety considerations, only one Kinesiology Lab class (ES 010, 011, 012) may be taken per semester.*

**Prerequisite**

None

**Course Content**

- 1) Orientation to Kinesiology Lab circuit equipment
- 2) Benefits of circuit training in overall body conditioning
- 3) Proper monitoring of intensity of exercise via heart rate monitoring and perceived rate of exertion
- 4) Proper use of circuit equipment in Kinesiology Lab
- 5) Strategies for establishing the habit of exercise and incorporating physical activity into daily life

**Course Objectives**

Students will be able to:

- 1) Describe how principles learned in class may be applied to improve the five basic parameters of fitness (cardiovascular, muscle strength, muscle endurance, flexibility, and body composition).
- 2) Evaluate parameters of fitness in order to identify areas of strength and weakness for the purpose of developing a personal exercise prescription.
- 3) Describe and/or demonstrate components of a circuit-training program.
- 4) Describe the process to identify appropriate exercise intensity and when to make appropriate modifications.
- 5) Demonstrate proper use of all circuit training equipment.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of fitness principles and strategies that can improve the parameters of fitness.
- 2) Objective fitness testing that measures students' cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.
- 3) Objective evaluation of circuit training execution with special attention to form, technique and measure of intensity.

**Special Materials Required of Student**

Gym clothes, athletic shoes, towel

**Minimum Instructional Facilities**

Kinesiology Lab and Assessment Center

**Method of Instruction**

- 1) Lecture and demonstration
- 2) Assigned reading
- 3) Practice
- 4) Physical performance testing
- 5) Online resources (web searches)
- 6) Instructor led exercise
- 7) Individual consultation

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Online quizzes
- 3) Fitness log

**Texts and References**

- 1) Required (representative example): Instructor materials
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Identify specific exercises for specific muscle development.
- 2) Demonstrate skills appropriate for continued use of circuit training throughout the lifespan.