



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

COURSE TITLE

Circuit Weight Training

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 131

(Formerly:)

CIP Code: 13.0502

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Circuit weight training is designed to introduce the student to the basic principles and training methods for weight training so to establish a program to enhance build and maintain muscular strength and endurance. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Explain the importance of warm-up and cool down with respect to exercise
2. Perform muscle strengthening and toning exercises for 40 minutes continuously
3. Perform stretching exercises and improve flexibility

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Principles of a fitness program
2. Benefits of circuit training
3. Proper warm up and cool down procedures

DEPARTMENTAL GUIDELINES (optional)

Reinforces the National Association of Sport and Physical Education (NASPE standards)

1. Participates regularly in physical activity.

2. Achieves and maintains a health-enhancing level of physical fitness.
3. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

DIVISION CHAIR APPROVAL

DATE