

Course discipline/number/title: PHED 1122: Circuit Training

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

This course is designed to teach students techniques in weight training and aerobic components of fitness. The course will utilize both fitness machines and free weights. These concepts contribute to muscular strength, endurance and cardiovascular efficiency, for a lifetime of fitness. The student will also be exposed to basic anatomy/physiology principles regarding warm-ups, cool downs, stretching and body structure.

B. DATE LAST REVISED (Month, year): December, 2021

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Basic Anatomy and Physiology
2. Safe and Effective Weight Training Techniques
3. Safe and Effective Aerobic Training Techniques
4. Warm-Up & Cool Down Strategies

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate a basic knowledge of the anatomy and physiology as it pertains to weight training and aerobic conditioning.
2. Demonstrate safe and effective weight training techniques including:
3. Spotting techniques with free weight exercises.
4. Proper free weight techniques
5. Proper use of machines for improving muscle strength and endurance
6. Proper use of cardio building equipment
7. Demonstrate proper stretching techniques.
8. Construct a weight-training/cardio program to meet their objectives.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Participation
2. Daily assignments
3. Written Quizzes and Exams
4. Pre/Post fitness testing

G. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None