GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

ES 006B – INTERMEDIATE FITNESS CIRCUIT

1. Course Number Course Title Semester Units

ES 006B Intermediate Fitness Circuit 1.0

Semester Hours

*Based on an 18-week format*; 1 hour lecture (18 hours); 1 hour laboratory (18 hours);

36 outside-of-class hours for lecture; 72 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in ES 006A or equivalent or specified skill competencies.

3. Catalog Description

A continuation of ES 006A emphasizing the development of an intermediate level of circuit training. This course is designed to provide a full body workout that mixes aerobic and resistance training in a circuit format utilizing of variable resistance machines, free weights, indoor cycling bikes, and other modes of aerobic training. The circuit involves a personalized workload which allows students to progress at their own rate while alternating between resistance machines/free weights, and indoor cycling bicycles or other aerobic activities. Fitness training principles to improve the components of fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are presented with a focus on proper form. In addition, students will explore nutrition and disease-prevention information to assist in creating a healthy lifestyle.

4. Course Objectives

The students will:

1. Utilize a progressive, multi-station weight and cardiovascular circuit maintaining an intermediate intensity target heart rate level throughout the entire circuit.
2. Determine and improve on fitness training principles, proper technique, and movement mechanics in the advanced use of circuit equipment.
3. Estimate and employ target heart rate range, monitor exercise heart rate, and adjust to ensure training effects.
4. Compose and interpret physical fitness level and assess progress by monitoring physiological parameters (i.e., resting heart rate, exercise heart rate, recovery heart rate, body fat, muscular strength/endurance, aerobic fitness, and flexibility.
5. Categorize how exercise helps to manage stress, heart disease, diabetes, and other chronic conditions.
6. Prioritize knowledge of physical fitness training principles and, healthy eating choices.

5. Instructional Facilities

1. Circuit training facility (large enough to house full-body resistance machines, cardio equipment, adequate ventilation, music, voice-prompt system with adjustable timer, adequate room for all to travel simultaneously, carpeted area for stretching)
2. Surrounding areas of 41-101
3. Circuit training equipment: variable resistance machines, free weights, indoor cycling bikes, other cardiovascular equipment such as: stair step machines, treadmill, arm ergometers, jump ropes, rubber tubing, stretching mats, and other functional training circuit equipment
4. Computer monitoring equipment (i.e., heart rate monitors and software)
5. Standard Classroom
6. Physical fitness assessment equipment

6. Special Materials Required of Student

1. Appropriate fitness attire (appropriate exercise attire for both indoor and outdoor activities)
2. Water bottle
3. Towel

7. Course Content

1. Assessment of current fitness and health levels.
2. Proper use of circuit training equipment: biomechanical efficiency and proper movement mechanics.
3. Stationary bicycles.
4. Resistance training equipment.
5. Other functional training equipment (stability devices, recovery equipment).
6. Evidence-based fitness training principles (Training principles: Progressive overload, Specificity, Reversibility, Individuality, FITT).
7. Circuit training modalities.
8. Basic fitness, Interval, Tempo, HIIT, functional movement system, anaerobic, partner.
9. Cardio-based, muscle strength, muscle endurance, sport-specific.
10. Collection of daily pre- and post- training data; comparison to evidence-based standards.
11. Psychological and physical benefits of circuit training; strategies to maintain personal fitness routine.
12. Self-monitoring of individual training progress.
13. Biomechanical efficiency and maintenance; proper movement mechanics and use of all equipment.
14. Core Curriculum Concepts.
    1. Increasing physical literacy.
       1. Self-efficacy, motivation, adherence strategies.
       2. Benefits of leading a physically active lifestyle.
    2. Fitness training principles: progressive overload, specificity, reversibility, individuality, FITT.
    3. Name and location of major muscle groups.
    4. Healthy eating principles.
       1. Six essential nutrients.
       2. Healthy eating patterns based on current guidelines.
    5. Body composition and weight management: assessment, strategies to improve, and role of exercise and healthy eating).
    6. Impact of an active and healthy lifestyle on disease prevention: heart disease, obesity, metabolic conditions, stress management, and mental health.

8. Method of Instruction

1. Group and individual Lecture and Demonstration
2. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)
3. Student demonstration and performance
4. Beginning fitness testing and monitoring
5. Instructor-led activities exercises and activities
6. One-on-one instruction and consultation
7. Peer-collaborative activities

9. Methods of Evaluating Student Performance

1. Beginning level fitness assessment – pre and post.
2. Participation in circuit training activities at a workload to improve fitness levels.
3. Monitor and adapt activities in a progressive manner to meet evidence-based practices.
4. Written self-evaluation of fitness performance variables based on class activities and subjective experience to improve adherence (i.e., fitness log).
5. Evaluation of outside class assignments utilizing course concepts and text.
6. Written exams (knowledge and core curriculum).
7. Practical exams (biomechanical skills for circuit training activities.

10. Outside Class Assignments

1. Inclusion of at least one additional day of prescribed exercise to meet minimum evidence-based standards to observe adaptations.
2. Weekly reading and practicing of circuit training theories and techniques.
3. Assignments based on course text.

11. Representative Texts

a. Representative Text(s):

1. Exercise Science and Wellness Department. *The Way to a Long and Healthy Life.* 6th ed., El Cajon, CA: Grossmont College, 2017.

b. Supplementary texts and workbooks:

1. Instructor materials: ACSM exercise guidelines, Dietary Guidelines for Americans

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate knowledge, skills, and appreciation of circuit fitness.
2. Identify basic principles for maintaining an active and healthy life.