

Cañada College
Department of Kinesiology
FITN 680
Total Fitness Circuit Training
Spring 2012

Fitness Center Hours of Operation:
Monday through Saturday, 7:00 am-1:00 pm
Monday through Thursday, 5:30 pm-8:30 pm
Bldg. /Room: 01 – 138

<http://www.canadacollege.edu/fitnesscenter>

Instructor: Fitness Center Staff, **Office:** 01- 138, **Office Phone:** 650.306.3424, **email:** carrn@smccd.edu

Course Description

Gain muscular strength, muscular endurance, cardiovascular power and flexibility through an efficient, challenging circuit-training program. A structured and balanced fitness program for those who do not have allot of time, in which students will reach their fitness goals by completing a variety of resistance and cardiovascular exercise in quick succession using Apex selector weight machines, functional training apparatus, and aerobic conditioning equipment. *Students enrolling in 1 unit course are expected to attend an average of 3 hours/week. Students enrolling in 2.0-unit course are expected to attend an average of 6 hours/week. Included in these totals are a required 16 to 32 by arrangement hours of lab per semester.*

Course Content:

- Strength and conditioning principles
- Functional strength training
- Assessments of health related components of fitness (pre and post)
- On-line orientation - www.canadacollege.edu/fitnesscenter
- Exercise program readiness determination
- Articles addressing fitness/wellness topics
- Set fitness goals, fitness/wellness objectives, and design of action plan
- Basic exercise prescription
- Fitness/activity log to monitor progression towards goals

Required Equipment

- Athletic shoes
- Shorts, T-shirts, sweats or warm-ups
- Full-sized towel

PLEASE, NO jeans, cut-offs, dress shoe, boots or sport sandals. Inappropriate attire will affect attendance/participation grade.

Competencies/Objectives

Upon completion of this course, the student should be able to:

1. Demonstrate safe and effective use of residence training equipment.
2. Understand the relationship between body composition, physical fitness/activity and wellness.
3. Perform a complete and effective warm-up.
4. Demonstrate a working knowledge of target heart rate training zone.
5. Use the overload principle when designing a strength-training program.
6. Know the importance of fitness assessment and Action. Plan development.

Assignments & Exams

- Online orientation and quiz (2 hours extra credit)
- Outside activity log (3 hours of extra credit activity in 1.0 unit section, 6 hours of extra credit for 2.0 unit sections)
- Fitness assessment
- Personal fitness program
- Fitness/activity log

Evaluation

Grades are based upon:

1. Completion of Fitness Center orientation and determination of readiness for exercise in a timely manner
2. Attendance and participations (48 hrs. /session or 3hrs. /week for 1.0 unit; 96 hrs. /session or 6 hrs. /week for 2.0 units), hours by arrangement include – 60%
3. Complete assessment of a health-related component of fitness (laboratory assignment) – 10%
4. Set and write appropriate fitness goals – 10%
5. Design personal fitness/wellness plan (written assignment) – 10%
6. Fitness/activity log – 10%

Class progression calendar spring 2012:

Date	Event	Cumulative Time Totals	
1/17 – 1/21	Fitness Center Orientation	Open	Open
1/23 – 1/28	Fitness Center Orientation	3 hrs.	6 hrs.
1/30 – 2/4	First Fitness Assessment	6 hrs.	12 hrs.
2/6 – 2/11	First Fitness Assessment Last day to drop without a “W” - 2/10 Last day to declare Pass/No Pass – 2/10	9 hrs.	18 hrs.
2/13 – 2/18	First Fitness Assessment Fitness Center Closed 2/17 – 2/20 for Lincoln’s Birthday Recess	12 hrs.	24 hrs.
2/20 -2/25	Exercise Fitness Center Closed 2/20 for President’s Day Holiday	15 hrs.	30 hrs.
2/27 – 3/3	Exercise	18 hrs.	36 hrs.
3/5 – 3/10	Exercise Fitness Center Closed 3/9 for Flex Day	21 hrs.	42 hrs.
3/12 – 3/17	Exercise	24 hrs.	48 hrs.
3/19 – 3/24	Second Fitness Assessment	27 hrs.	54 hrs.
3/26 – 3/31	Second Fitness Assessment	30 hrs.	60 hrs.
4/2 – 4/7	Spring Recess, Fitness Center Closed 4/2 thru 4/8	33 hrs.	66 hrs.
4/9 – 4/14	Exercise	36 hrs.	72 hrs.
4/16 – 4/21	Exercise	39 hrs.	78 hrs.
4/23 – 4/28	Exercise Last day to withdraw with a “W”	42 hrs.	84 hrs.
4/31 – 5/5	Final Fitness Assessment	45 hrs.	90 hrs.
5/7 – 5/12	Final Fitness Assessment	48 hrs.	96 hrs.
5/14 – 5/19	All extra credit must be turned in; extra credit after 5/19 will not be accepted.	Open	Open
5/21 – 5/25	Fitness Center Open During “Finals Week” Day and Evening Class End - 5/25	Open	Open
5/30	Grades available on WebSMART	Closed	Closed

***Please note that it is the responsibility of the student to withdraw from this class.**

The last day to withdraw from a spring semester course without it appearing on the student transcript is 2/10/12, 30% of the scheduled length of the course.