

Prepared by the Department of Health Sciences

Date of Departmental Approval: November 7, 2016

Date Approved by Curriculum and Programs: December 7, 2016

Effective: Fall 2017

1. **Course Number:** FIT123
Course Title: Circuit Training
2. **Description:** In this course students learn the benefits of circuit training as part of a well-rounded fitness regimen. Emphasis will be placed on circuit training fundamentals, safety, and proper form. Students will participate in physical exercise for aerobic conditioning and flexibility training.
3. **Student Learning Outcomes:** Upon successful completion of this course, students are able to do the following:
 - Design a basic fitness program that incorporates the fundamental principles of circuit training.
 - Create a 3-day circuit training routine that targets the main muscle groups (total body) and incorporates the appropriate number of repetitions/ sets for a circuit training workout.
 - Demonstrate safe and proper execution of all exercises that are incorporated into the personal strength and conditioning program.
 - Describe the physiological benefits of regular exercise.
4. **Credits:** 1 credit
5. **Satisfies General Education Requirement:** No
6. **Prerequisites:** None
7. **Semester(s) Offered:** Fall, Spring
8. **General Guidelines for Evaluation:** Attendance, class discussion/ participation, reflection paper
9. **General Topical Outline:**
 - Week one: Components of Exercise and ACSM Guidelines
 - Week two: Muscle strength and muscle endurance
 - Week three: Upper body joint movements and related exercises
 - Week four: Lower body joint movements and related exercises
 - Week five: Basic program design
 - Week six: Program modification and enhancement
 - Week seven: Fact or Fiction – a look at myths related to exercise