

COURSE OUTLINE

LFIT-137

Circuit Weight Training

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to improve muscle strength/endurance and cardiovascular fitness through participation in weight training and aerobic activities.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Define physical fitness and its components (i.e., muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition).
2. Describe the benefits of circuit weight training.
3. Complete a series of pre and post physical fitness tests designed to assess flexibility, muscle strength/endurance, and cardiovascular endurance.
4. Determine appropriate starting weights for each circuit weight training exercise.
5. Adjust each piece of weight training equipment to fit the dimensions of their body type.
6. Complete 1 set of 10-12 repetitions on each piece of weight training equipment using proper technique and form.
7. Complete a warm-up, 25 minutes of continuous circuit weight training (i.e., weight training and aerobic exercises in an alternating pattern) and a cool down.
8. Take an accurate pulse rate at rest and during exercise.
9. Calculate his/her own training heart rate.
10. Adjust workout exercise intensity based upon exercise pulse rate.
11. Identify the primary muscles strengthened by each circuit weight training exercise during written and practical examinations.
12. Explain the reason for muscle strength and size differences between males and females.
13. Define anabolic steroids.
14. Describe the legal status of anabolic steroids in Maryland.
15. Describe the general effects of anabolic steroids on physical and mental health.
16. Explain the effects of anabolic steroids on the bone, muscular, and cardiovascular systems.

Major Topics/Activities

Components of physical fitness
Benefits of circuit weight training
Pre and post physical fitness assessments
Determination of starting weights and proper start positions
Completion of all circuit weight training exercises with proper technique
Participation in stretching and circuit weight training exercises
Determination and adjustment of workout intensity
Major muscles strengthened by each circuit weight training exercise
Male and female muscle strength and size differences
Anabolic Steroids

Class Requirements

Grading/exams:

Grading procedures will be determined by the individual faculty member but will include the following:

1. level of participation in circuit weight training activities.
2. practical examination of performance on at least 2 circuit weight training exercises.
3. at least 1 written exam.