

ES 011

Circuit Training

[Sections 5655 & 5656]

Instructor: Karen Williams

Meeting Days:	Open Entry/Open Exit	Meeting Time:	Open Entry/Open Exit
Class Location:	Bldg D, Room 203	Semester, Year:	Spring 2012
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Course Description

ES-011 – Circuit Training is designed as an introductory course to learn how to improve your cardiovascular and muscular fitness. The purpose of this course is for our instructors to provide basic exercise instruction in the proper use of exercise equipment, safe and effective exercise form, and to help you establish a regular habit of exercise with the efficient circuit training modality as the basis of your routine. The format of this course is open entry/open exit with credit toward completion tracked by computer between the time you log-in and log-out. Students registered in ES 011 will be expected to include circuit training in each visit to the Fitness Center.

Fitness Center Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-7:00pm	7:00am-7:00pm	7:00am-7:00pm	7:00am-7:00pm	7:00am-1:00pm	Closed

Fitness Center Policies

Part of the mission of the Fitness Center is to help the students learn more about how to effectively and safely achieve and maintain improved levels of fitness. The following rules are intended to support the safe and fair use of the facility by all students. Please read this document carefully.

I.D. Cards

All Fitness Center students need to present a current Cuyamaca, Grossmont, or activity class I.D. when entering the Fitness Center. There will be no exceptions to this rule. Students caught logging in with another person's I.D. card will be dropped from the class. I.D. cards must be worn picture-side-up and visible at all times while in the Fitness Center.

Log-in & Log-out All students must log in when they are ready to begin exercising. Leaving the fitness center while logged in will not be allowed except to use the restroom. Students must also log-out at the conclusion of their exercise session to receive credit hours. Students are limited to no more than **1.5 hours** credit and one visit per day in the fitness center.

Towels All students are required to have a workout towel. Students may rent a towel for \$2.00. \$1.00 will be returned to the student when the towel is returned at the conclusion of their exercise session.

Clothing Clothing appropriate to exercise must be worn while in the fitness center. Sleeveless shirts and non-athletic shoes are not permitted in the fitness center.

Cell Phones For your safety and in consideration of other students, the use of communication devices (i.e. cell phones, Blackberrys, Bluetooth headsets) is not allowed on the fitness center floor.

Water Bottles Water is the only drink permitted on the fitness center floor. Water containers must have lids.

Cardio Equipment Use Students who plan to use a treadmill or an elliptical machine must sign up for the appropriate piece of equipment. You must adhere to the 20-minute time limit. The LED clock above the cardio training area counts down from 20 minutes to zero and then resets. Please sign-up for only one time slot. If a machine becomes available *after* your time slot, you can sign up for an additional 20 minutes. In addition, we ask that all students be considerate of others when using the rowers, bicycles and stairclimbers by limiting their use to 30 minutes.

Hygiene For health reasons and in consideration of other students:

- Wear only clean, laundered exercise clothing in the fitness center.
- Wipe down the equipment after use.
- Please consider using deodorant (NOT COLOGNE OR PERFUME) to control body odor. Perspiration provides a breeding place for bacteria which causes body odor that is offensive to other students.

Finally, please remember that students using the fitness are expected to consistently engage in exercise activities. Your adherence to the above rules is important to your safe and effective use of the Fitness Center. Your cooperation will benefit everyone.

Course Policies

Attendance/Hours

Since ES011 is an open entry/open exit course, you are free to schedule your time in the Fitness Center in any way that fits into the days/times that the Fitness Center is open and that fits into your busy schedule.

****Remember**:** All students are limited to logging in no more than 1.5 hours in the Fitness Center per day.

Course Assignment

Students are expected to monitor their Blackboard accounts for announcements, reminders, etc. Beginning **April 9th**, Circuit Training study articles will be available online in Blackboard. Students will study these articles in preparation for a circuit training quiz that can be taken on Blackboard **April 23rd-May 4th**. Students must pass the quiz with a minimum score of 70%.

Academic Misconduct

Students are expected to do their own original work within the confines of the course objectives and evaluation procedures. Any deviation from these expectations is considered a violation of the Academic Policies at Cuyamaca College.

Course Grading

This course is graded Credit (CR) or No Credit (NC). Receiving credit for this course will be based on completion of the following course requirements:

- Completion of a Safety Quiz and Orientation (First-time students only, one hour of credit awarded). Orientations are only held at the beginning of the semester and must be scheduled immediately!
- **48** Fitness Center hours if enrolled in 1.0 unit.
- **24** Fitness Center hours if enrolled in 0.5 units.
- Score of 70% or better on the Circuit Training quiz.

No "Incomplete" grades will be issued.

Student Learning Objectives for ES011 – Circuit Training

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

1. Describe how the principles learned through the assignments in ES011 can be applied to improving muscular strength, muscular endurance, and flexibility; three of the five basic components of fitness.
2. Evaluate parameters of fitness in order to identify personal areas of strength and weakness and how those areas relate to population norms for the purpose of developing a personal exercise prescription.
3. Demonstrate proper use of circuit training equipment and correct exercise technique.
4. State personal and realistic cardiovascular and muscular endurance goals based on the objective test measures and via personal instruction in the Fitness Center.

Important Dates

Jan 23	Fitness Center opens for Spring Semester. New students should go to their Blackboard accounts for orientation and safety quiz information. For additional orientation information, call the fitness center at 619-660-4502.
Feb 3	Last day to add fitness center classes
Feb 17	Lincoln Day Holiday – Fitness center closed
Feb 20	Washington Day Holiday – Fitness center closed
Apr 4	Muscle Anatomy study packets available in Fitness Center and on Blackboard
Apr 2-April 6	Spring Recess-Fitness center closed
Apr 9	Circuit Training study articles available on Blackboard
Apr 20	Last day to drop semester length classes
Apr 23-May 4	Students must take the Circuit Training Quiz on Blackboard
May 19	Last day to log fitness center hours for Spring semester.