



PE 1073

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1073

Title: Circuit Training

Catalog Description:

This course is a physical education activity class combining aerobic and strength training exercises utilizing the weight and aerobic machines in the fitness center at the activity center. This course may be repeated for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring, Summer

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: none

Corequisites: none

Justification:

This course fulfills an elective credit for physical education at the University of Utah (U of U ESS101)

Student Learning Outcomes:

Upon Completion of this course, students will:

- Understand the fitness center equipment
- Demonstrate the proper use of weight lifting machines and stations
- Understand the importance of knowing how to integrate and implement a lifetime fitness program

Content:

- Aerobic/weight training program
- Pre- and post-assessment of body composition, strength, flexibility and cardiovascular fitness
- Use of Bikes, treadmills and weight lifting stations.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

As a result of this course, students will feel comfortable with strength training equipment and be encouraged to continue their fitness program at commercial centers available to them in their communities. Students will be able to apply the principles to their lives and increase their enjoyment of vigorous physical activity as a part of

their health and wellness.

Key Performance Indicators:

Assessment will be based on the following approximate values: attendance(50%), workout logs(10%), quizzes (30%), and fitness assessments(10%).

Representative Text and/or Supplies:

No text required. Students will be required to provide their own shoes.

Optimum Class Size: 24

Maximum Class Size: 24

Signatures:

I hereby submit this course syllabus:

Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)