

# Linn-Benton Community College

FALL 2020

PE 185A: CIRCUIT WEIGHT TRAINING -- CRNs: 20091, 24932

INSTRUCTOR: Cindy Falk

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AVAILABLE TIMES: MWF 12 – 12:50 p.m. **AND** TR 11:30 – 12:20

\*\*\*NOTE campus is closed **NOVEMBER 11, 26, and 27** and the weight room will be unavailable.\*\*\*

CREDIT: 1

OBJECTIVES: To set goals for a desired fitness level  
To maintain or improve current level of physical strength  
To increase cardiovascular fitness  
To increase flexibility  
To learn proper care for the back and abdomen

This course will combine guided learning, feedback, and individualized instruction. While there is no textbook required, this syllabus contains pertinent information that relates to policies and evaluation requirements.

OUTCOMES: Upon completion of this course with a C or better, students should be able to:  
1. Recognize and describe the importance of consistent and effective participation  
2. Demonstrate the ability to write and or follow an appropriate workout routine for their fitness level and periodically modify the routine  
3. Demonstrate proper technique based on personal ability

CLASS FORMAT: It is advisable to warm up before you begin a workout. You may want to spend 5-8 minutes to slightly elevate your heart rate, stretch 5-8 minutes and then complete your workout. Finish your workout with a cool down and stretch.

EQUIPMENT: Appropriate clothing that includes:  
1. An approved face covering to wear while in class.  
2. A regular length T-shirt.  
3. Shorts or workout pants.  
4. Athletic shoes.  
5. A hand towel and spray bottle to wipe sweat and sanitize after each station.  
6. Water – no other liquids in the weight room please.

EVALUATION: You may choose to earn any one of the following grades:

## **NON-CREDIT**

### **AUDIT**

Since no credit can be earned, this option is best for those who DO NOT NEED credit, but just want to workout.

### **CREDIT**

**A = complete 18 workouts** for a minimum of 45 minutes, online assignments, **AND** any **4 ACTIVITIES - pre and post-tests both must be complete**  
**SEE the ACTIVITIES LIST THAT FOLLOWS**

**B = complete 16-17 workouts** for a minimum of 45 minutes, online assignments, **AND** any **3 ACTIVITIES - pre and post-tests both must be complete**

**C = complete 15 workouts** for a minimum of 45 minutes, online assignments, **AND** any **2 ACTIVITIES - pre and post-tests both must be complete**

**D = complete 14 workouts** for a minimum of 45 minutes, online assignments, **AND 1 ACTIVITY - pre and post-tests both must be complete**

**E = completed less than 14 workouts**

**PASS - NO PASS** is best for those who want to earn credit but DO NOT WANT it calculated into their GPA. To earn a **PASS**, a student must complete **the requirements for a C as listed above**. As a student choosing this option you must go into WebRunner where you registered and under grading option choose the P/NP.

#### ETIQUETTE/SAFETY:

- If you are just beginning a program, it is recommended that you emphasize lower intensity and longer duration within your exercise range.
- Dress appropriately.
- Drink water before, during, and after your workout.
- Use correct technique when performing assigned exercise.
- Check that the weights are loaded correctly before attempting to lift.
- Use a towel to wipe down equipment and to wipe up sweat.

#### GENERAL GUIDELINES FOR PHYSICAL ACTIVITY

Know your exercise range:

$$220 - \frac{\quad}{(\text{age})} = \quad (\text{MHR}) \quad \text{MHR} \times .50 = \quad \quad \text{MHR} \times .85 = \quad$$

\*\*\***NOTE**\*\*\* The ACSM recommends that if you are just beginning an exercise program that you exercise closer to the .50 than the .85.

\*\*\***NOTE**\*\*\* Be aware of your intensity level. If you have a athletic tracker (i.e. – fitbit) pay attention to the rate when working out. The best measure really is how you feel. You should not be out of breath, nauseous, or be unable to recover from your workout.

#### GUIDELINES TO AEROBIC ACTIVITY

- Exercise aerobically 3-5 days each week
- Warm up to 5-10 minutes at an easy pace; usually below the .50 range
- Maintain the .50 to the .85 range for 30-45 minutes
- Gradually decrease the intensity, cool down, and stretch the last 5-10 minutes of your workout

#### GUIDELINES TO MUSCULAR FITNESS

- Train all major muscle groups
- Train with resistance 2-3 days per week
- Perform each exercise through a full range of motion
- Use proper breathing
- Use the following recommendations according to your personal goals:

STRENGTH	3 – 6 sets	of	1 – 5 repetitions	at 85 – 100 % of 1-RM
ENDURANCE	2 – 4 sets	of	12 – 15 repetitions	at 50 – 70 % of 1-RM
TONE	1 – 3 sets	of	8 – 12 repetitions	at 60 – 80 % of 1-RM

## Activity List

CHOOSE ANY 4 TO COMPLETE FOR AN A; 3 FOR A B; 2 FOR A C; AND 1 FOR A D

### 1. PHYSICAL FITNESS ACTIVITY

Perform a cardio-respiratory assessment following **one** of the options listed below:

**If you prefer to walk or should walk** because of your fitness level, choose this option --

For this test you will **walk** 1 mile as quickly as you can. When you are finished, record the time it took you to walk the mile and take your pulse for 15 seconds.

Record this on the sheet titled **Health Status** THEN go to <https://exrx.net/Calculators/Rockport>

Input your information into the program and record your rating on the sheet titled **Health Status**.

**If you have been running**, choose this option --

For this test you will **run** for 12 minutes. Having access to a track will be helpful. Or if you have an activity tracker, use that. (MyFitnessPal, Map My Walk, Step Tracker are a few)

When you are finished, record the distance you covered in those 12 minutes.

Record this on the sheet titled **Health Status**.

Go to <https://exrx.net/Calculators/MinuteRun>. Input your information into the program and

Record your rating on the sheet titled **Health Status**.

### 2. GIRTH ASSESSMENT ACTIVITY

Take your measurements that are listed on **Health Status** sheet.

### 3. FITNESS ACTIVITY

Use the sites below to see the correct method for completing this activity. Record your results on the **Health Status** sheet.

<https://exrx.net/Calculators/PushUps>

<https://exrx.net/Calculators/SitUps>

<https://exrx.net/WeightExercises/Obliques/BWSidePlank>

<https://exrx.net/WeightExercises/RectusAbdominis/BWFrontPlank>

<https://exrx.net/WeightExercises/Quadriceps/BWSquat>

### 4. FLEXIBILITY ACTIVITY

**Low back and hamstring** – For ease of this, sit on the floor with your legs straight and next to each other. With your arms straight ahead and your hands stacked on top of each other reach, toward your toes. Can you touch your toes? Record your answer on the **Health Status** sheet.

**Shoulder** –

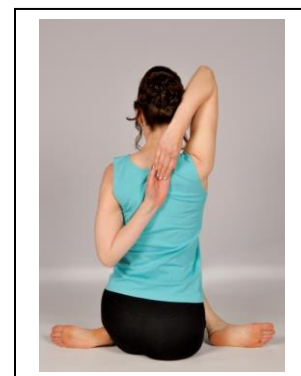
Raise your right arm overhead, bend elbow, and reach down across back, with palm facing upper back.

Position your left arm down behind back and reach up across back with back of hand against back.

With fingers extended, try to overlap fingers, upper hand over lower hand.

Whichever arm is up, is the one you are measuring.

Repeat with arms in opposite positions.



5. HEART RATE ACTIVITY

Look at each site below. Read the information regarding calculating heart rate. Use the calculators to find your numbers. Record your answer on the **Health Status** sheet.

<https://www.healthline.com/health/how-to-check-heart-rate>

<https://www.lifespanfitness.com/fitness/resources/target-heart-rate-calculator>

6. RESEARCH ACTIVITY

Find and read a health-related article. Ideally it will be related to one of your personal goals.

In a 3-5 paged, typed, double-spaced report, include the following information:

- a. Briefly summarize the article
- b. What information presented in the article will be helpful to you? In what way(s)?
- c. How will you apply this information to the goals you have set for yourself in this class?

7. WORKOUT PLAN

Toward the end of the term, students will plan their own workout for their own specific needs and record that workout.