

MONTGOMERY COLLEGE

Department of Health Enhancement, Exercise Science, and Physical Education
Rockville Campus

PHED 174 Circuit Fitness (1 credit)
Mondays, Wednesdays, and Fridays
PE 140

I. Instructor Information

Name: LaKisha Nickens-Gaither MS, NASM BCS, CES, CPT, GFPT, PES
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Office Hours: Tuesdays and Thursdays 9:00 am - 11:00 am
Wednesdays 11:00 am - 12:00 pm

II. Course Description

Utilizes timed sequences of exercises to produce gains in total fitness. A variety of circuit training techniques will be used during this class including HITT techniques, multi-planar exercises, alternate strength-cardio circuits, body weight circuits, and the use of a variety of exercise equipment. Participants need to be able to safely exercise at higher intensities. The benefits of this class can include improvement in muscular strength and endurance, balance, agility, body composition, and cardiovascular endurance. Assessment levels: AELW 940/ENGL 002, AELR 930/READ 099. Two hours each week. Formerly PE 188.

III. Course Outcomes

- The student will improve his/her muscular strength and endurance, flexibility and cardiovascular fitness.
- The student will define and identify the health-related benefits associated with maintaining an acceptable level of physical fitness and consequently, wellness.
- The student will apply and interpret the basic scientific principles related to increasing fitness levels.
- The student will identify major muscle groups.
- The student will identify and evaluate the benefits of circuit weight training as an effective mode for lifetime fitness.
- The student will use strict form and adhere to exercise safety principles while executing circuit exercises
- The student will demonstrate and perform warm-up exercises for upper and lower body before each workout.
- The student will demonstrate proper cool-down techniques at the completion of each workout by performing flexibility exercises for major muscle groups.

IV. Required Text and Supplies –

- Pencil
- Towel

V. Course Requirements

This is an activity class, so be prepared to exercise each class beginning on _____. To participate, students **must** be properly dressed in workout attire, including appropriate athletic footwear. To obtain full credit for the day, students **must** arrive to class on time and actively participate in the workout and be attentive to the lectures. Each class session will consist of a review, warm up, workout, and cool down

Lecture/Discussion – Lectures and short discussion will focus on the scientific training principles for development of overall fitness. The instructor will explain and demonstrate basic exercise techniques and methods for effective utilization of the equipment. The instructor will be available to answer questions, assist with training technique, and provide encouragement and support.

Workout Sessions- Each workout session will include a cardiovascular warm-up, the completion of the circuit workout covering major muscle groups, a proper cool down. Some class sessions will require the completion of a specified worksheet. *To document exercise activities, students will be **required** to record training and conditioning information on workout cards provided by the instructor.*

Course Grade

The total points accumulated throughout the semester will determine final grades. The final points necessary for a given letter grade will be based upon the following percentage scale.

Attendance & Participation	100 points
Labs/Assignments	200 points
<u>Tests and quizzes</u>	<u>100 points</u>
Total Points	400 points

Final grades will be determined by total points accumulated through assignments, participation, and exams. The final points necessary for a given letter grade will be based upon the following percentage scale:

A= 90-100% (with at least a 60% on the final exam)	360-400 points
B= 80-89% (with at least a 50% on the final exam)	320-359 points
C= 70-79%	280-319 points
D= 60-69%	240-279 points
F= <60%	0-239 points

Attendance & Participation: (100 points)

- Participation is as arriving to class on time, in appropriate workout attire, fully participating in exercise during class, and not leaving early.
- One absence is allowed without penalty. After the first absence, **20 points** will be deducted from the overall participation grade for each absence. **Two absences will equal a failing grade for the class.**
- Three late arrivals will equal an absence. Students are considered late if they arrive after role has been called, 5 minutes after the hour.
- Students who are not dressed in proper workout attire or do not participate in class will have **five points** deducted from their overall attendance & participation grade.

Labs/Assignments: (200 points)

- Throughout the semester, students will be assigned assignments that will be worked on during and outside the class meeting time. All worksheets and labs are located on Blackboard.
- Assignments and labs are due on their assigned due date (see attached course outline for specific dates). They must be complete, correct, and turned in on time to receive full credit for the assignment.
- Due dates are not negotiable and full credit will not be given for any assignment turned in late. Absence is not an excuse for submitting an assignment late. **Assignments handed in after the beginning of class, until the end of that workday will lose 25%. Late assignments will be accepted up until the beginning of the next class, minus 50% off.**

Tests/Quizzes: (100 points)

- Quizzes will be completed each week via Blackboard.
- The final will be a written exam, based on the material covered in class. Make-up tests will be given only in emergency situations and I must be contacted within 24 hours of the scheduled test and be provided with documentation of the emergency to take the test

Important Student Information Link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to Student Success such as: Student Behavior (Student Code of Conduct); Student e-mail, College Tobacco Free Policy; Course Withdrawal and Refund Information; Resources for Military Service Members, Veterans and Dependents; how to access information on delayed openings and closings; how to register for Montgomery College's Alert System and how closings and delays can impact your classes.

Finally, any student who may need accommodations due to a disability, please contact the Disability Support Services office on your campus as soon as possible (R-CB122; G-SA172; or TP/SS-ST233). If you have an accommodation letter from DSS, please contact me to discuss arrangements for your accommodations. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations are at:

<https://cms.montgomerycollege.edu/EDU/Plain2.aspx?id=4162>

If you have any questions, please bring them to your professor. As rules and regulations, change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

Important Student Information Link: <http://cms.montgomerycollege.edu/mcsyllabus/>

VI. Course Schedule

Week	Assignments	Lab
1	Exercise History Questionnaires Target Heart Rate Worksheet Pre-Fitness Assessment Worksheet	Pre-Fitness Assessments
2	Quiz #1	Bodyweight Circuit
3	Quiz #2	TRX Circuit
4	Quiz #3	Medicine Ball Circuit
5	Quiz# 4	Varied Equipment Circuit
6	Quiz #5 Outside Activity Paper	Varied Equipment Circuit
7	Final Exam Post-Fitness Assessment Worksheet	Post-Fitness Assessments

Assignment due dates may be modified at the instructor's discretion.