



**FALL SEMESTER 2013**  
**KINESIOLOGY 326 SUPER CIRCUIT AEROBIC LAB**

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**Welcome to the West Los Angeles College Fitness Center.**

The Physical Education Department looks forward to your participation in our program and facility. Because this is one of your primary visits to our Fitness Center this semester, it is important that you become familiar with the following information.

Here at the Fitness Center our focus is on education: the WHY and HOW exercise will benefit you. We will help you physically, psychologically, and intelligently achieve your fitness goals.

Our objective is to provide each student with quality instruction and supervision of his/her personalized exercise program. Your personalized exercise program is designed to work the five Health-Related Components of Fitness:

1. **Cardiovascular Endurance** -- The ability to take in, deliver, and extract oxygen for physical work.
2. **Muscular Strength** -- The maximum amount of force that a muscle can exert in a single contraction.
3. **Muscular Endurance** -- The ability of a muscle to sustain repeated contractions.
4. **Flexibility** -- The range of motion about a joint or series of joints.
5. **Body Composition** -- The amount of fat and lean body mass in the body.

Our primary training style is Aerobic Weight Training utilizing a sequence of weight training machines and stationary bicycles organized into an Aerobic Super Circuit.

The Aerobic Super Circuit was developed by Dr. Kenneth Cooper at the Institute for Aerobic Research in Dallas, Texas. The Aerobic Super Circuit combines low intensity, high repetition circuit weight training with aerobic activity stations. The program develops and improves all five of the health-related fitness components. It was especially developed to be fast, efficient, effective, and fun.

The Aerobic Super Circuit provides the opportunity to enjoy the benefits of a healthy lifestyle when combined with a proper diet and common sense. It is a self-paced program. You will train at your own level. You and your instructor will make changes in your program based on your individual goals and needs. Your instructor is your trainer. Take advantage of their knowledge of health and fitness.

Exercise requires patience and persistence as well as perspiration! Many little improvements made over days, weeks, and months will move you to the fitness level you desire. You cannot become fit in one day or one week by working extra hard. If you feel tired, drained, and pained, you may need a lighter workout. Seek your instructor's advice. Always train, don't strain.

### **Learning Outcomes:**

Students will be able to analyze which muscle groups various pieces of exercise equipment are for. Students will select and use appropriate exercise strategies for solving their health and fitness goals.

### **Areas in the Fitness Center:**

As you enter the Fitness Center you will see aerobic machines, stationary bicycles, and weight machines. These are organized into two areas:

#### **Circuit**

The circuit is an organized sequence combining weight machines and stationary bicycles.

#### **Aerobic**

A variety of aerobic machines (Treadmills, Stair Master, Elliptical Trainers, Cardio Rowing and Cardio Squat) are organized around the Fitness Center.

***NOTICE: ALL ACTIVITY MUST BE CONDUCTED IN THE FITNESS CENTER.  
NO EXCEPTIONS.***

### **Workout**

Each student is encouraged to perform the Core Program every time they visit. Additional use of the facility is at the student's discretion. The Core Program includes:

1. Check-in with your instructor. You must be in your work out clothes when you arrive.
2. Warm-up
3. Complete the Weight Circuit
4. Aerobic activity
5. Cool down

***NOTICE: If you have not recently participated in an exercise program, or have a limiting physical condition, please obtain clearance from your physician before starting a strenuous activity program.***

### **Enrollment**

All Fitness Center participants must be registered in PE 630. Everyone must enroll and attend an orientation to receive instruction on the proper use of the equipment prior to participation in the Fitness Center.

### **Attire**

1. Shoes are required (tennis, jogging, walking, aerobic).
2. Appropriate exercise clothing such as shorts, sweat pants or T-shirts is to be worn. No bare midriffs.
3. No clothing with exposed zippers or belts.
4. No plastic or rubber suits.

5. No street clothes.
6. Sports bras are recommended for women. No camisole tops without sports bras.

### **Towels**

Towels are required of all students. BRING YOUR OWN TOWEL!! Use your towel to wipe off each machine as you leave it. **NO TOWEL – NO WORKOUT – NO EXCEPTIONS**

### **Lockers**

Men and women may use the lockers and showers in the PEC N (Men's Gym) or PEC S (Women's Gym) for the semester. Bring your own lock. See the Facilities Attendant to register your locker.

### **Courtesy Policy**

There is a 20-minute limit on all cardio equipment during your visit - unless no one is waiting to use the equipment. Place your name on the waiting list at the table and you will be called when it is your turn. If you are not in the Fitness Center when your name is called you will lose your place on the waiting list.

No sitting on machines between sets. Stand to the side of the machine while resting.

**Children are not allowed in the Fitness Center.**

### **Attendance**

Check in with your instructor within the first 10 minutes of class. **You must be in your workout clothes when you arrive.** No guests or children are allowed in the Fitness Center.

### **Grading**

Absences will affect your grade in the following manner:

- 0 – 3 absences A
- 4 – 5 absences B
- 6 - 7 absences C
- 8 student will be dropped

### **Student Responsibility**

- You must drop the class if you are unable to fulfill the course obligations.
- By the end of week 3 you should have attended a minimum of 3 classes. If you have not you should drop the class.

**No talking on your cell phone or text messaging during class.**

**NO READING ON THE TREADMILLS**