

Welcome to the Moorpark College Fitness Center. The staff looks forward to your participation in our program. Our objectives are to: 1) provide each student with quality instruction and supervision in a personalized exercise program and 2) provide updated materials and activities related to health and fitness issues.

Your Exercise Program should be designed to include all five components of fitness:

- A. **Cardiovascular Endurance** – The ability of the body’s heart, lungs and circulatory system to continue activity over a prolonged period of time.
- B. **Muscular Strength** – The maximum amount of force a muscle produces against a resistance in a single contraction. POWER is a combination of strength and speed of contraction.
- C. **Muscular Endurance** – The ability of a muscle to sustain contraction for a prolonged period of time.
- D. **Flexibility** – The functional capacity of a joint to move through a normal range of motion.
- E. **Body Composition** – The relative distribution of lean and fat body tissue.

**TYPICAL VISIT TO THE FITNESS CENTER:**

- 1. **Dress for activity**
- 2. **Check in on the computer:**
  - a. Enter Moorpark ID (900) number to log in
  - b. Select your section CRN
  - c. Take out Workout card to record day’s workout
- 3. **Warm-up:** Plan a 5-10 minute warm up period of light aerobics to allow your body to get ready for a more intense workout. The aerobic activity should move your heart rate into your training zone and you should maintain this target heart rate for at least 5-10 minutes. If you are not sure of what to do, talk to the instructor on duty.
- 4. **Workout:** Complete at least on of the following programs and record on your Workout card:
  - a. **Cardio Program** – Workouts are limited to **20 minutes for each machine**. In order to make cardiovascular improvement, programs must include progressive overload to challenge and develop the cardiovascular system.
  - b. **Aerobic Super Circuit Program** – The Circuit is a timed program in which students rotate through 12 weight machines and bicycles. This circuit provides a quick and easy method to use the machines. It takes approximately 15 minutes to complete one circuit. You may go do the Circuit many times as you like, but stay with the commands and do not skip stations. It is important to stay within your Training Heart Rate Zone in order to attain cardiovascular fitness. Refer to the Heart Rate Chart in the center of the Circuit Room and use the 60-second clock to check pulse. Students in the Circuit have the right of way to the Circuit machines.
  - c. **Strength Program** – Strength training is core to a sound fitness program. In order to make strength gains, it is important to progressively overload (increase load on the muscle.) It is important to keep records of your lifting weights and sets so that the instructor will be able to assist you. If people are waiting for a weight machine, do only one set and move on to free up the equipment.
- 5. **Cool down:** After completing your workout, cool down by stretching and doing light aerobics (e.g. cycling, wall, elliptical) to allow your heart rate and blood pressure to recover. It is recommended that you let your heart rate come down to 100 beats or less per minute before you leave the Fitness Lab.
- 6. **Check out at the computer and have the instructor initial your workout card, and then return the card to the file cabinet.**
- 7. **Shower and dress for the rest of your day.**



**FITNESS CENTER HOURS OF OPERATION**

<b>Monday – Thursday</b>	<b>8:30 am - 8:30 pm</b>
<b>Fridays</b>	<b>8:30 am - 4:00 pm</b>
<b>Saturdays</b>	<b>10:00 am - 2:00 pm</b>
<b>Sundays</b>	<b>CLOSED</b>

**DRESS REQUIREMENTS:** Dress for activity; **street clothes will be denied entrance.**

Athletic shoes are required (tennis, basketball, running, aerobic)  
No plastic or rubber suits. **NO WEIGHT LIFTING BELTS.**

**TOWELS:** Each student must use a towel to wipe perspiration off the upholstery as he/she leaves each machine.  
Please remember to leave the used towel in the towel bin in the Fitness Lab.

**PHYSICAL EXAMINATIONS:** Students who are over 35 years of age, or who question their ability to take part in a vigorous program should have a physical examination prior to starting this program.

**GRADING: Students must complete the following 3 components:**

1. **GRADE VISITS** for grade (see scale below). One Grade Visit is 60 minutes of exercising. Student may **attend the lab twice a day**. A minimum visit is 10 minutes. A **maximum of two hours total per day** can be counted toward Grade Visits.

<b>1.5 units</b>	<b>Grade</b>	<b>1 Unit</b>	<b>Grade</b>	<b>.5 Unit</b>
Grade Visits		Grade Visit		Grade Visits
40	A	26	A	13
35	B	23	B	12
30	C	20	C	10
25	D	17	D	8

Students may earn additional 30 minutes of extra credit for each completed:

- Topic worksheets (each includes attending a short lecture on the topic)
2. **PRE-TEST and POST-TEST: All students must complete both the Pretest and Post Test.** *Failure to complete an assessment test lowers the final grade by one full letter grade.*
  3. **WORKOUT CARDS:** Following every workout, students must have the instructor on duty initial the card. Workout cards are kept in the Fitness Lab file cabinets and need to be carried with the student and filled out for each workout. *Failure to complete the workout card lowers the final grade by one full letter grade.*
- **The last opportunity to log visits is closing time on the final class meeting day.**
  - **Falsifying attendance records will result in withdrawal and failure.** If you have to leave the center, log out or check with the instructor first. (You do not need to log out to go to the restrooms off the lobby.)
  - **Pass/No Pass:** Students who do not wish a letter grade must request pass/no pass at the Records Office **before September 18** (semester length classes). "Pass" grade requires completion of "C" grade requirements..

**COMMUNITY SERVICE** (Fitness Lab does not accept audits):

In lieu of auditing, students may join the Fitness Lab by enrolling in Community Services. Community Service students do not receive units or a grade. The fee for this program is \$50.00 per semester, paid at the Business Office. Fee receipts must be presented to the Fit Lab instructor before workouts can begin. Community Service students must complete the Pre-test and are expected to log in and out of the computer each visit.

**LOCKERS:** Lockers are available for use in the Men's and Women's locker rooms. Students are asked to use the lockers to their store books and other personal items. The Fit Lab staff will not be responsible for keys, wallets, pagers, cell phones etc. that are left lying on the floor in the Center.

**FOOD AND DRINK:** There is a drinking fountain in the foyer. Water bottles may be used in the Fit Lab, but students are asked to be careful. No food or drink (other than water) is allowed in the Fitness Lab.

**DATES CENTER WILL BE CLOSED:**

Saturday, September 5 and Monday, September 7  
Monday, November 9  
November 26, 27, 28

**Labor Day Holiday**  
**Veteran's Day Holiday**  
**Thanksgiving Break**

**IMPORTANT CLASS DATES:**

Orientation/Syllabus/Pretesting:  
Last day to add/Last day to drop with refund:  
Last day to drop without a "W":  
Last day to drop with a "W":  
Post Testing:

**First 2 Weeks of class**  
**August 28**  
**September 11** (Webstar: 9/13)  
**November 20** (Webstar: 11/22)  
**November 30 - December 5**  
**December 9, 8:30pm**

**Last Day to Log Visits**

**If a student stops attending the Fit Lab it is his/her responsibility to drop the class prior to the deadline date.**

## Student Learning Outcomes

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

1. Execute effective strength and endurance development through large muscle exercises.
2. Demonstrate efficient cardiovascular development through a variety of aerobic exercises.
3. Demonstrate the development of healthy body composition through a variety of fitness exercises.
4. Illustrate the knowledge of proper technique in exercises that are used to improve muscular strength and endurance as well as cardiovascular fitness and flexibility.
5. Describe and execute proper safety techniques involved in fitness exercises.
6. Articulate the principles needed to develop strength, endurance, flexibility and cardiovascular fitness.
7. Identify an exercise routine that will develop and improve muscular strength and endurance, as well as cardiovascular and core fitness.
8. Implement exercise routines that emphasize the importance of variety and cross training in maintaining lifelong fitness.