

## Session 10

### PATHFIT II-Activity 5 Total Body Exercise (Circuit Stations)

#### A. Introduction

Circuit Training Exercise (CTE) is one of the popular metabolic body conditioning that in the early time it is also used in the military training as a form of strength and conditioning test. The idea is to perform a series of exercises with a short recovery time in between stations. Ideally, each exercise is timed 60 seconds and the interval time in between stations is 30 seconds. This allows the performer to recover from the possible fatigue in performing the exercises.

#### B. Session Objectives

- Describe the circuit training exercise.
- Identify what are the classification / types of circuit training exercises
- Provide understanding on the importance of simple guide in circuit exercises.
- Apply the FIIT Principle in selecting the type of activities to include in the circuit pattern.
- Perform basic non-locomotor exercises that can be incorporated to PE class activities.

#### C. Session Content

##### 1. Topic 1: BACKGROUND INFORMATION ON CIRCUIT EXERCISES

## **Classification of Circuit Exercises**

- Circuit Stamina Training Exercises (CSTE)
- Circuit Weight Training Exercises (CWTE)
- Total Body Circuit Training Exercises (TBCE)

## **Different Types of Circuit Exercise**

*Repetition-based circuit* – this provides a pattern to the performers on how much volume or how many repetitions they are required to perform. For Physical Education students, it is easy for them to gauge the amount of work that they are required to perform if there somebody (like classmates) to count for the required number of movements.

*Timed circuit*- The activities are set to be performed against the time limit. All the activities in each station have an equal time allotment.

*Competition circuit* – This has an added fun and challenge to performers since the circuit of activities are set for competition. This arouses the participants eagerness to complete first the circuit and win the competition. Guidance is always a key to prevent accidents or injuries.

*Sport-specific circuit*- This is usually perform by athletes. The design is tailored to a sport. Usually the design targets the total body.

### **Guide in Creating a Circuit Exercise Plan**

- ✓ *Food intake must be at least an hour prior to CTE to allow proper digestion.*
- ✓ *Wear appropriate footwear and comfortable / breathable clothes.*
- ✓ *Always consider warm-up activities prior to CTE and perform cool down activities afterwards.*
- ✓ *Consider buddy-system in exercising.*
- ✓ *Do not continue with the activity if you are not feeling well.*
- ✓ *Be conscious of proper execution, breathing process, proper postural and wearables.*

### **2. Topic 2: SAMPLE CIRCUIT DESIGN**

#### **Easy Circuit Training Exercise:**

- Jumping Jacks
- Crunches
- Push-up
- Squats
- Hexagon Jumps

#### **Moderate Pace Circuit Training Exercise:**

- Butterfly Jacks
- Knee to Chest
- Elbow Plank
- Flutter Kick
- Jumping Jacks
- Russian Twist
- Modified Mountain Climber
- Leg raise

**Heavy-loaded Circuit Training Exercise:**

- Butterfly Jacks
- Push-ups
- Crunches
- Hexagon
- High Knee Raise
- Leg Raise
- Stamping
- Push up Plank
- Donkey Kicks
- Burpees

**3. Topic 3: SAMPLE GRADING RUBRICS**

**How do we assess students' performance in CTE?**

***Checklist Rubric: Individual Performance***

<b>Activities in Stations</b>	<b>Performed properly well</b>	<b>Performed averagely</b>	<b>Lacks efforts</b>
Station 1			
Station 2			
Station 3			
Station 4			
Station 5			

Teacher's Remarks: \_\_\_\_\_

Student's Remarks: \_\_\_\_\_

## How do we assess students' performance in CTE?

### ***Checklist Rubric: Group Performance***

Activities in Stations	Performed properly well	Performed averagely	Lacks efforts
Station 1			
Station 2			
Station 3			
Station 4			
Station 5			

Teacher's Remarks: \_\_\_\_\_

Student-leader's Remarks: \_\_\_\_\_

### **E. Conclusion**

Circuit Training Exercise is an exciting activity for Physical Education classes. Some of the things to consider is the design itself. The load of exercise must be tailored to the needs of the students or anybody who are doing the CTE. Proper warm-up exercise must also put into premium reminder since this will prepare the body in performing complex activities. Cool down should follow suit to return the body in its natural state or condition.

### **E. References**

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