

# Common Course Outline

## PELF 112

### Aerobic Fitness

### 1 Semester Hour

## The Community College of Baltimore County

### **Description**

#### Aerobic Fitness

Develops of aerobic fitness through an individual program of jogging, running, cycling, swimming and other aerobic activities; increases cardiovascular endurance and increases the maximum amount of oxygen that the body can process within a given time. (A fitness lab test is recommended.)

### **Overall Course Objectives**

Upon successful completion of the course, the student will be able to:

1. evaluate personal fitness levels in comparison to established norms.
2. demonstrate safe and effective fitness training practices.
3. explain the principles of effective training (FITT principle).
4. describe the correlation of skillful movement with the development of self concept and self-esteem.
5. describe the health benefits of regular physical activity.
6. practice cooperation in group activity.
7. explain the relationship between nutrition (diet) and physical fitness.
8. develop a plan for lifelong personal fitness.
9. analyze improvements in strength, flexibility, body composition and cardiorespiratory endurance.
10. demonstrate knowledge of body mechanics and safe movement practices during activity.

### **Major Topics**

1. Assessing physical fitness and interpreting fitness results (flexibility, muscular strength and endurance, body composition, and cardiorespiratory endurance).
2. Setting personal fitness goals.
3. Principles of cardiorespiratory endurance training.
4. Diet and nutrition.
5. Technique and practice of the principles of exercise through aerobic workout activities.

## **Course Requirements**

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but may include the following:

1. Attendance and active class participation is expected
2. Written examinations
3. Reading and writing assignments
4. Pre & Post Physical Fitness Profile Assessment
5. Monitoring Heartrate
6. Extra Day Activity Log/Journal

## **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvements of CCBC's courses and programs.