

Common Course Outline
PELF 115
Strength Training for Total Fitness
2 Semester Hours

The Community College of Baltimore County

Description:

Strength Training for Total Fitness

Focuses on the principles of muscular strength development; explores the science and benefits of developing skeletal-muscular and cardiovascular-aerobic fitness, via the medium of intensive exercise with resistive weights equipment; provides readings, lectures, and written assignments as well as practical physical training activities. A college level course.

Overall Course Objectives:

Upon successful completion of this course the students will be able to:

1. recognize the language of fitness, especially as it pertains to strength training;
2. evaluate and analyze fitness and training related information and resources;
3. differentiate between skeletal muscular strength and cardiovascular fitness;
4. record the physiological adaptations and changes which occur as a result of a strength training program;
5. establish realistic goals based upon personal assessments and develop training strategies to achieve these goals;
6. identify and apply information technologies for fitness and strength training;
7. communicate effectively in writing, speaking, or signing, related training information;
8. understand the relationship of nutrition, exercise, rest, evaluation, and growth;
9. evaluate, through a series of pre and post course measurements, improvements or changes in muscular strength, endurance, flexibility, and body composition;
10. explain-describe the benefits of strength training activities for athletics and sports participation.

Major Topics:

1. Physical Fitness, Health and Wellness goals achieved through the medium of Strength Training
2. Personal Assessments and Fitness Profiles
3. Benefits of Strength Training for Athletics
4. Specificity of Training- Split Routines Training
5. Cross Training Goals for Muscular and Aerobic Power

6. Ladder and Pyramid Training Strategies for Maximum Gains
7. Principles of Strength and Power Training

Course Requirements:

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

1. All students will be required to participate regularly in classroom activities.
2. Every student will write at least one paper (a minimum of 1,000 words).
3. Students will be required to take a minimum of two written tests on the major topics for the course.
4. All students of PELF 115 must take pre and post profile assessments.
5. Students will have both in-class and out-of-class reading and writing assignments.

Other Course Requirements:

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a 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 class, completing all homework and other assignments, participating in class activities and preparing for tests.