

Common Course Outline

PELF 118

Aerobic Circuit Training

1 Semester Credit

The Community College of Baltimore County

Description

Aerobic Circuit Training

Improves cardiovascular endurance, muscular strength and endurance, and flexibility through aerobic circuit training principles and practices; uses individualized exercise prescriptions to improve physical fitness. Classes will be conducted in the Circuit Center.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Exhibit correct technique and control in exercise performance
2. Determine your one (1) Rep Max (RM) on each machine and set your work loads accordingly.
3. Calculate, understand and monitor your pulse to maintain target heart rate for a minimum of 20 minutes.
4. Set correct seat height, maintain correct body positions and use proper forms and technique to insure a productive aerobic circuit workout with the least chance of injury.
5. Participate in and interpret an exercise tolerance and physical fitness pre and post test.
6. Identify personal habits such as diet and rest that may influence performance.
7. Identify risk factors and symptoms of cardiovascular disease.
8. Perform repetitions in a smooth, steady manner throughout the full range of motion.
9. Demonstrate the negative part of each repetition, taking twice as longer to perform as the positive.
10. Demonstrate correct breathing techniques.
11. Demonstrate circuit training principles and procedures through satisfactory participation and written examinations.
12. Maintain training records, do a self-evaluation, re-identify goals, and adjust your training program when necessary.

Major Topics

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| 1. FIT Principle | 4. Contraindicated Exercises |
| 2. Target Heart Rate | 5. Cardiovascular Exercises |
| 3. Flexibility | |

Course Requirements

Students will be required to complete the following minimums:

1. Written Examination
2. Fitness Performance
3. Participation and Attendance
4. Exercise Log