

Common Course Outline

PELF 128

Circuit Training For Fitness I

2 Semester Hours:

The Community College of Baltimore County

Description

Circuit Training For Fitness I

Offers a self-paced, individualized fitness program; enables students, working closely with instructors, to develop fitness goals and a scientifically progressive training schedule; includes supervised training; requires completion of all course objectives, including reaching designated fitness levels and understanding the training principles. This course may be used to fulfill 2 elective credits.

Prerequisites: None.

Overall Course Objectives

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

1. develop and improve the health related components of physical fitness (cardiovascular endurance, muscle strength, muscle endurance, flexibility, and body composition);
2. analyze theories, principles, and procedures utilized in circuit training;
3. identify circuit weight training precautions;
1. define the terminology of circuit weight training;
2. Analyze recent research findings in physical fitness and health maintenance;
3. identify and describe the physiological benefits resulting from circuit weight training;
4. define circuit weight training guidelines;
5. apply the principles of progressive overload to a circuit weight training program;
6. apply the principles of intensity, duration, and frequency to a circuit weight training program;
7. evaluate changes and improvements in fitness and body composition through pre/post assessment.

Major Topics

1. Circuit weight training concepts
2. Training precautions
3. Circuit weight training procedures
4. Circuit weight training principles
5. Fitness components
6. Aerobic fitness
7. Assessment and personal profile

Course Requirements

1. A minimum of two written exams
2. Pre and post assessment
3. Completion of performance assessment

Other Course Information

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.