

Common Course Outline
PELF 130
Nautilus Training for Physical Fitness I
2 Semester Hours:

The Community College of Baltimore County

Description

Nautilus Training for Physical Fitness I

Offers a self-paced individualized fitness program using nautilus equipment; 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 individual fitness levels and understanding of the principles of nautilus training. This course may be used to fulfill 2 elective credits.

Prerequisite: None.

Overall Course Objectives

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

1. develop and improve the health related components of physical fitness, including cardiovascular endurance, muscular endurance, flexibility, and especially muscular strength;
2. increase knowledge of the theories, principles and procedures utilized in Nautilus Training for Physical Fitness;
 1. define the terminology used in Nautilus training programs;
 2. review recent research findings as related to physical fitness and health maintenance;
 3. identify and describe the physiological benefits resulting from Nautilus training;
 4. establish and adhere to a Nautilus training program which helps meet your desired goals;
 5. evaluate changes and improvement of fitness and body composition by pre and post assessment testing.

Major Topics

1. Orientation to Nautilus Training
2. Training Guidelines
3. Fitness Assessments
4. Fitness Concepts
5. Benefits of Regular Fitness Training
6. Basic Nautilus Workouts
7. Nautilus Training vs. C.W.T.
8. Specialized Training

Course Requirements

1. Minimum of two written exams
2. Workout participation
3. Written Specialized Training Program

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.