

# **Common Course Outline**

**PELF 137**

**Triathlon Training**

**1 Credit**

## **The Community College of Baltimore County**

### **Description**

Triathlon Training

Provides an activity training program involving skills technique in running, cycling, and swimming; requires ability minimally to swim one-quarter mile; develops a commitment to train for optimum fitness.

### **Overall Course Objectives**

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

1. Swim continuously for one-half to one full mile.
2. Demonstrate knowledge of and apply training techniques for distance swimming.
3. Describe various methods used to improve swimming fitness.
4. Cycle for a distance of ten miles at a training pace.
5. Demonstrate and apply knowledge of cycling safety.
6. Demonstrate and apply knowledge of training techniques for distance cycling.
7. Run continuously for 5K to 10K.
8. Demonstrate and apply knowledge of training techniques for road racing.
9. Demonstrate knowledge of the methods of measuring fitness.

### **Major Topics**

1. Proper mechanics for distance swimming.
2. Training methods for improving swimming times and distances.
3. Proper mechanics for distance running.
4. Training methods for improving running times and distances.
5. Parts of a bicycle, types of racing cycles.
6. Proper mechanics for distance cycling.
7. Safety rules for road cycling.
8. Training methods for improving cycling times and distances.
9. Triathlon racing techniques.
10. Types of races.

### **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. Written exam and quizzes.
2. Technique evaluations.
3. Fitness testing.

### **Other Course Information**

1. This course is an elective.
2. Students should possess a bicycle and helmet.
3. Attendance and participation in all portions of the class is essential to the successful completion of the course objectives.

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 improvement of CCBC's courses and programs.