

Common Course Outline
PELF 113
Aerobic Bench Step/Conditioning
1 Semester Credit

The Community College of Baltimore County

Description

Aerobic Bench Step/Conditioning

Improves physical fitness through step training, an innovative cardiovascular training technique; enhances coordination, balance, overall athletic achievement, and tones and strengthens lower body muscles; challenges students to achieve a high level of physical fitness, thereby improving physical, social, and emotional well-being.

Overall Course Objectives

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

1. Exhibit correct technique, posture and control in exercise performance when bench stepping.
2. Calculate, understand and monitor pulse to maintain target heart rate for a minimum of 20 minutes.
3. Assess pre/post levels of flexibility, percent body fat, desired weight and body measurements, and pulse recovery during in-class assignment.
4. Analyze and assess the safeness of exercises and explain contraindicated exercises.
5. Identify personal habits such as diet and rest that may influence performance.
6. Identify risk factors and symptoms of cardiovascular disease.
7. Recognize activities that are aerobic in nature that may further enhance an exercise program other than bench stepping.
8. Demonstrate Aerobic Bench Step principles and procedures through satisfactory participation and written examinations.

Major Topics

1. Bench Step Routines
2. FIT Principle
3. Target Heart Rate
4. Flexibility
5. Contraindicated Exercises
6. Cardiovascular Exercises

Course Requirements

Students will be required to complete the following minimums:

1. Written Examination
2. Participation and Attendance
3. Exercise Log