

**Common Course Outline**  
**PELF/PEMJ/HLTH 136**  
**Fitness Evaluation & Conditioning**  
**3 semester hours**

**Community College of Baltimore County**

**Description**

**Fitness Evaluation and Conditioning**

Examines the principles and concepts of physical fitness; includes pre and post fitness assessments, exercise prescriptions, lectures, and practical applications.

Corequisite: ACLT 053.

**Overall Course Objectives**

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

1. Evaluate personal fitness levels through fitness testing.
2. Establish realistic short-term and long-term goals based upon fitness assessment.
3. Demonstrate knowledge of strength training concepts and practices.
4. Demonstrate knowledge of flexibility concepts and practices.
5. Demonstrate knowledge of cardiorespiratory training concepts and practices.
6. Demonstrate knowledge of fitness testing protocols.
7. Demonstrate knowledge of safety practices for physical training.
8. Demonstrate knowledge of nutritional and metabolic principles and concepts.
9. Demonstrate knowledge of prevention and treatment of athletic injuries.
10. Identify and describe the health related and skill related components of physical fitness.

**Major Topics**

1. Health and physical fitness appraisal
2. Components of fitness
3. Nutrition
4. Body composition
5. Sports medicine
6. Fitness training principles
7. Exercise adherence
8. Modes of exercise
9. Benefits of health & fitness

**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 exams and quizzes
2. Journal
3. Pre and post exercise testing
4. Nutrition assessment

### **Other Course Information (sample)**

1. 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.
2. Credits may be received for HLTH 136, PELF 136, or PEMJ 136, but not for more than one.
3. A physical fitness assessment test fee is required.
4. Attendance and participation in all class activities is essential for the successful completion of the course objectives.