

**Common Course Outline**  
**PEFT 111**  
**Fitness for Life Weight Training**  
**3 semester hours**

**The Community College of Baltimore County**

**Description**

The Fitness for Life Course embodies a synthesis of performance and wellness concepts and skills. It employs a specific movement activity to assist the student in the comprehension and expression of the following: integrating physical activity as a personal health behavior, the universality of the body, body organization and awareness, moving as meditation, fitness appraisal and interpretation of results, nutritional concepts, training principles, and fitness across the lifespan. Prerequisites: Reading skill 1, English skill 1

**Weight Training**

This course uses sessions in the strength-training center to implement the course objectives. Free weights and weight machines are emphasized.

**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 goals based upon wellness assessment.
3. Demonstrate knowledge of physical fitness concepts and practices.
4. Complete a personal nutritional analysis.
5. Demonstrate knowledge of and adherence to safety rules.
6. Demonstrate skillful use of all equipment.
7. Demonstrate knowledge of various methods used to improve strength.
8. Identify and describe the health-related components of fitness.
9. Describe how personal fitness is related to emotional, intellectual, environmental, social and spiritual well being.
10. Construct a lifelong plan for personal fitness and wellness.

**Major Topics**

1. Health & wellness appraisal
2. Fundamentals of muscular strength and endurance
3. Body composition
4. Flexibility
5. Nutrition
6. Cardiorespiratory fitness
7. Introduction to strength training equipment
8. Methods of training
9. Safety rules
10. Construct a plan and exercise adherence

## **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. Fitness appraisal
3. Nutritional analysis
4. Fitness journal

## **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. This course satisfies the general education requirement of Interdisciplinary and Emerging Issues, area one.
3. Attendance and participation in all class activities is essential for the successful completion of the course objectives.