

Common Course Outline
PELF 115
Strength Training for Total Fitness
2 Credits

Community College of Baltimore County

Description

PELF 115 – Strength Training for Total Fitness focuses on the principles of muscular strength development. Students will explore the science and benefits of developing muscular and cardiovascular fitness via the medium of intensive exercise with resistance weight equipment.

2 Credits

Prerequisites: None

Overall Course Objectives

Upon completion of this course students will be able to:

1. recognize the language of fitness, especially as it pertains to strength training;
2. evaluate fitness and training related information and resources;
3. differentiate between muscular strength and cardiovascular fitness;
4. establish realistic goals based on personal fitness assessments using the S.M.A.R.T. principle;
5. develop training strategies to achieve goals;
6. document the physiological adaptations which occur as a result of a strength training program;
7. apply information technologies for fitness training;
8. understand the relationship between nutrition, exercise, rest, periodic fitness evaluations, and muscular strength and size increase;
9. conduct individual pre and post measurements to track changes in muscular strength, endurance, flexibility, and body composition;
10. evaluate data collected during fitness assessments; and
11. describe the benefits of strength training related to athletics and sports participation.

Major Topics

- I. Benefits of strength for general health and wellness.
- II. Personal assessments and fitness profiles.
- III. Benefits of strength training for athletes.
- IV. Specificity of strength training.
- V. Cross training for muscular strength and power.
- VI. Ladder and pyramid training strategies for maximum gains.
- VII. Principles of strength and power training.

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- Attendance and participation are graded.
- A minimum of one written assignment.
- A minimum of one written test.
- Pre and post fitness assessments.

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course requires strenuous physical activity.