

## **PELF 117**

### **Intermediate Weight Training**

1 Credit

## Community College of Baltimore County Common Course Outline

### **Description**

**PELF 117 – Intermediate Weight Training:** is a course in which students improve their fitness levels using more advanced concepts of weight training. Students learn advanced techniques of machine based, free weight and body weight training, as well as exercise programming and progressions based on individual needs and abilities. Students explore the concepts of physiological adaptations to exercise and the basics of anatomy and physiology.

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. demonstrate safe and effective weight training exercise technique;
2. evaluate personal fitness levels;
3. compare personal fitness testing results to current norms;
4. identify individual muscle groups;
5. demonstrate methods of improving the strength of specific muscle groups;
6. calculate one repetition maximum (1RM) and appropriate circuit training loads;
7. differentiate between machine based and free weight training;
8. demonstrate how to utilize one's own body weight to perform resistance training;
9. demonstrate how to properly progress and regress various strength training exercises;
10. design an individualized weight training program based on personal goals;
11. develop a tool for tracking progress throughout the semester; and
12. explain acute and chronic adaptations to weight training.

### **Major Topics**

- I. Weight room safety and etiquette
- II. Components of fitness
- III. Muscular system
- IV. Principles of fitness training
- V. Muscular strength and endurance program design
- VI. Progressions, regressions, and modifications
- VII. Machine based training
- VIII. Free weight training
- IX. Body weight training
- X. Basic human anatomy and physiology
- XI. Contraindications

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two fitness assessments
- One semester long exercise log
- One written exam

### **Other Course Information**

Student should dress in appropriate athletic clothing and bring a water bottle and small towel to each class. This course requires strenuous physical activity. This course may require you to obtain physician permission pending the health history questionnaire.

Date Revised: 10/1/2019