

Common Course Outline
PELF 126
Circuit Training I
2 Semester Hours

The Community College of Baltimore County

Description

Circuit Training I

Continues development of cardiovascular fitness through Circuit Training. Offers a required orientation seminar followed by independent workouts or workouts with the help of a monitor in the Circuit Center; bi-weekly meetings with instructor for progress review; and some instructor monitoring of weekly workouts.

Overall Course Objectives

Upon successfully completing this course, the student will be able to:

1. Utilize the Circuit Training Center to improve/maintain fitness levels.
2. Maintain or improve your present fitness levels as assessed through the various fitness tests.
3. Exhibit knowledge of Circuit Center Training principles/procedures through a written final based on the Circuit Training Manual.
4. Maintain optimum weight.
5. Understand and monitor your pulse to maintain target heart rate for a minimum of 20 minutes.
6. Increase your level of energy through regular cardiovascular workouts.
7. Analyze the importance of cardiovascular fitness in relationship to your own well-being.
8. Increase your knowledge of the effects of Circuit Training on cardiovascular fitness.

Major Topics

- I. Introduction to Circuit Center procedures and equipment
- II. Review of Cardiovascular Fitness Training Principles
- III. Individual Training Schedule

Course Requirements

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

1. Attendance and Participation
2. Physical Fitness Improvement
3. One Written Examination

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.