

**Common Course Outline**  
**PELF 128**  
**Circuit Weight Training for Fitness I**  
**2 Credits**

**Community College of Baltimore County**

**Description**

**PELF 128 – Circuit Weight Training for Fitness** offers a self-paced, individualized muscular endurance training program. Students will develop fitness goals using the SMART principle and a progressive training schedule. This course includes supervised training as well as working on an individual basis.

**2 Credits**

**Prerequisites:** None

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. Describe the health related components of fitness;
2. Describe the theories and principles of circuit weight training;
3. Recall circuit weight training safety procedures;
4. State the terminology of circuit weight training;
5. Analyze recent research findings related to physical fitness and circuit weight training;
6. Describe the physiological benefits of circuit weight training;
7. Describe circuit weight training guidelines;
8. Apply the principles of progressive overload to a circuit weight training program;
9. Apply the FITT (Frequency, Intensity, Type of exercise, Time) principle to a circuit weight training program; and
10. Evaluate improvements in fitness and body composition through pre/post physical fitness assessments.

**Major Topics**

- I. Circuit weight training precautions and safety
- II. Circuit weight training concepts
- III. Circuit weight training principles
- IV. Circuit weight training procedures
- V. Five components of fitness
- VI. Aerobic fitness
- VII. Fitness assessment and evaluation

**Course Requirements**

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

**Grading/exams**

- A minimum of two (2) written exams.
- A minimum of two (2) fitness assessments (pre and post-test)
- A minimum of one written training program

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

**Other Course Information**

This course requires strenuous physical activity.