

Common Course Outline
PELF 130
Weight Stack Machine Training for Physical Fitness I
2 Credits

Community College of Baltimore County

Description

PELF 130 – Weight Stack Machine Training for Fitness I offers a self-paced, individualized fitness program using weight stack machines. Students discover their fitness levels using specific fitness assessments. This builds into using periodization to develop a scientifically progressive training plan to achieve individually specific fitness goals.

2 Credits

Prerequisites: None

Overall Course Objectives

Upon completion of this course students will be able to

1. develop and improve health related components of physical fitness;
2. explain the theories, principles and procedures utilized in weight stack machine training;
3. recall the terminology used in weight stack machine training;
4. summarize recent research findings as related to physical fitness and health maintenance;
5. describe the physiological benefits resulting from weight stack machine training;
6. construct a weight stack machine training program that would help meet their individual goals; and
7. evaluate adaptations to fitness levels and body composition using pre and post assessment testing.

Major Topics

- I. Orientation to weight stack machine training
- II. Training guidelines
- III. Fitness assessments
- IV. Fitness concepts
- V. Benefits of regular fitness training
- VI. Basic weight stack machine training programs
- VII. Specialized training

Course Requirements

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

Grading/exams

- A minimum of two written exams
- Attendance and participation
- A minimum of one written specialized training program

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

Other Course Information

This course requires strenuous physical activity.

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