

# **Common Course Outline**

## **PELF 150**

### **Mixed Martial Arts Fitness**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PELF 150 - Mixed Martial Arts Fitness** uses resistance training and various physical fitness routines from a variety of martial arts in order to improve cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Lectures and activities are used to further develop students' skills for assessing and improving their level of wellness throughout their life span.

### **2 Credits**

### **Overall Course Objectives**

Upon completion of this course the student will be able to:

1. analyze the physiological adaptations that occur as a result of participation in a fitness and wellness program;
2. complete personal physical fitness assessments;
3. exhibit correct technique, control, and safety precautions in exercise performance;
4. demonstrate effective communication in writing, speaking or signing wellness related information and evaluations;
5. analyze personal lifestyle habits that may influence exercise performance and susceptibility to chronic diseases;
6. establish fitness and wellness related goals;
7. develop lifestyle strategies in order to meet fitness and wellness goals;
8. maintain training records, complete a self-evaluation, and revise goals as necessary;
9. explain how participation in a martial arts program can improve the six dimensions of wellness; and
10. demonstrate enhanced fitness in the areas of cardiovascular endurance, flexibility, and muscular strength and endurance.

### **Major Topics**

- I. Six Dimensions of Wellness
- II. Components of Physical Fitness

- III. Physical Fitness Assessments
- IV. Principles of Exercise
- V. Exercises and Safety for Mixed Martial Arts
- VI. Lifestyle Factors that Impact Performance

**Course Requirements**

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

**Grading/exams:**

- a minimum of two written examinations
- active participation in class activities and discussions
- a minimum of 2 written assignments

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

Date revised: 09/14/2017