

# **Common Course Outline**

## **PELF 116**

### **Weight Training**

**1 Credit**

## **The Community College of Baltimore County**

### **Description**

**PELF 116 – 1 credit – Weight Training** improves the fitness levels of students through the use of resistance machines, free weights, prescribed exercises, and general fitness activities. This course is a complete fitness course which emphasizes the development of muscular strength and muscular endurance.

**1 Credit:** 2 hours lecture and directed activity

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. demonstrate knowledge of physical fitness concepts and practices;
2. evaluate personal fitness levels in comparison to established norms;
3. identify muscle/muscle groups and explain methods of increasing their strength;
4. demonstrate safe practices in the weight training area;
5. demonstrate knowledge of body mechanics and its application;
6. explain the relationship between nutrition (diet) and physical fitness
7. explain various methods of using resistance to increase muscular strength and muscular endurance;
8. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance; and
9. develop a plan for lifelong personal fitness.

### **Major Topics**

- I. Assessment of physical fitness and interpretation of results
  - A. Body composition
  - B. Flexibility
  - C. Muscular strength
  - D. Muscular endurance
  - E. Cardiorespiratory endurance
- II. Body composition
  - A. Muscle fiber
  - B. Body types
  - C. Variations (gender, heredity, age)
- III. Principles of resistance training
  - A. Overload
  - B. Specificity

- C. Training programs
- IV. Personal change: setting appropriate goals
- V. Nutrition and diet
  - A. Nutrition basics
  - B. Nutrition for training and performance
  - C. Effects of performance aids
- VI. Techniques and practice
  - A. 1 rep max calculations and use
  - B. Resistance machines
  - C. Free weights/Olympic weight
  - D. Other methods (isometric, body weight exercises, etc.)

### **Course Requirements**

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

### **Grading/exams**

- Attendance and participation
- Pre and post fitness testing
- Written quizzes/exams (one or more at the discretion of the instructor)
- Journal (written journal detailing fitness activities, improvement in strength, nutrition, etc.) at the discretion of the instructor
- Additional assignments (written lifelong plan, nutritional analysis, specific topics reading/writing/internet, etc.) at the discretion of the instructor

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

### **Other Course Information**

This course is appropriate for students who are healthy, in all levels of fitness, and experienced/inexperienced in resistance training. Appropriate attire and footwear is required.