

## **PELF 118**

### **Circuit Training for Total Fitness**

1 Credit

## Community College of Baltimore County

### Common Course Outline

#### **Description**

**PELF 118 – Circuit Training for Total Fitness:** students improve cardiovascular endurance, muscular strength and endurance, and flexibility through circuit training principles and practices. Students develop an individual exercise prescription to improve overall physical fitness using various exercise modalities.

#### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. demonstrate safe and effective exercise technique across various modalities;
2. assess current ability level in each component of fitness;
3. calculate one repetition maximum (1RM) and appropriate circuit training loads;
4. determine exercise intensity through various methods;
5. differentiate machine based training and free weight training;
6. demonstrate how to properly progress and regress various circuit training exercises;
7. explain the variables that affect exercise intensity during circuit training;
8. implement the principles of fitness training;
9. design an individualized circuit training program based on personal goals;
10. develop a tool for tracking progress throughout the semester;
11. implement a personalized circuit training plan; and
12. explain acute and chronic adaptations to aerobic exercise.

#### **Major Topics**

- I. Weight room safety and etiquette
- II. Components of fitness
- III. Principles of fitness training
- IV. Circuit training program design
- V. Progressions, regressions, and modifications
- VI. Machine based training
- VII. Free weight training
- VIII. Basic human anatomy and physiology
- IX. Contraindications

#### **Course Requirements**

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two fitness assessments
- One semester long exercise log
- One written exam

**Other Course Information**

Student should dress in appropriate athletic clothing and bring a water bottle and small towel to each class. This course requires strenuous physical activity. This course may require you to obtain physician permission pending the health history questionnaire.

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