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.

Date Revised: [02/14/2018]