

PELF 136

Fitness Evaluation and Conditioning

3 Credits

Community College of Baltimore County
Common Course Outline

Description

PELF 136 – Fitness Evaluation and Conditioning: Examines the principles and concepts of physical fitness; includes pre and post fitness assessments, exercise prescriptions, lectures, and practical applications.

Pre-requisites: ACLT 053

Overall Course Objectives

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

1. Evaluate personal fitness levels through fitness testing;
2. Establish realistic short-term and long-term goals based upon fitness assessment;
3. Demonstrate knowledge of strength training concepts and practices;
4. Demonstrate knowledge of flexibility concepts and practices;
5. Demonstrate knowledge of cardiorespiratory training concepts and practices;
6. Demonstrate knowledge of fitness testing protocols;
7. Demonstrate knowledge of safety practices for physical training;
8. Demonstrate knowledge of nutritional and metabolic principles and concepts;
9. Demonstrate knowledge of prevention and treatment of athletic injuries; and
10. Identify and describe the health related and skill related components of physical fitness.

Major Topics

- I. Health and physical fitness appraisal
- II. Components of fitness
- III. Nutrition
- IV. Body composition
- V. Sports medicine
- VI. Fitness training principles
- VII. Exercise adherence
- VIII. Modes of exercise
- IX. Benefits of health & fitness

Course Requirements

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

- Written exams and quizzes

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

- Journal
- Pre and post exercise testing
- Nutrition assessment

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities, and preparing for tests.

Credits may be received for HLTH 136, PELF 136, or PEMJ 136, but not for more than one.

A physical fitness assessment test fee is required

Attendance and participation in all class activities is essential for the successful completion of the course objectives.

Date Revised: 2/22/2017