

PEMJ/HLTH/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 evaluation and fitness program planning. Students will conduct a pre-test fitness assessment and a post-test fitness assessment, create several personal fitness programs, and create fitness programs for others. Students will also keep a journal of their work during the semester. NOTE: PEMJ 136 is the same as HLTH 136 and PELF 136. Earn credit for one only.

Pre-requisite: 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 strength training concepts and practices;
4. demonstrate flexibility concepts and practices;
5. demonstrate cardiorespiratory training concepts and practices;
6. demonstrate fitness testing protocols;
7. demonstrate safety practices for physical training;
8. demonstrate nutritional and metabolic principles and concepts;
9. demonstrate prevention and treatment of athletic injuries; and
10. 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 and fitness

Course Requirements

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

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

- Two quizzes
- One comprehensive journal
- Pre- and post-exercise testing
- Final written exam
- One nutrition assessment
- Attendance and class participation

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

A physical fitness assessment test fee is required

This is a physical activity course and proper attire for physical activity is required.

Date Revised: 5/3/2022