

PELF 115

Strength Training for Total Fitness

2 Credits

Community College of Baltimore County
Common Course Outline

Description

PELF 115 – Strength Training for Total Fitness: focuses on the principles of muscular strength development. Students will explore the science and benefits of developing muscular and cardiovascular fitness via medium intensive exercise with resistance weight equipment.

Overall Course Objectives

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

1. recognize the language of fitness, especially as it pertains to strength training;
2. evaluate fitness and training-related information and resources;
3. differentiate between muscular strength and cardiovascular fitness;
4. establish realistic goals based on personal fitness assessments using the SMART (Specific, Measurable, Attainable, Relevant, Time-bound) principle;
5. develop training strategies to achieve goals;
6. document the physiological adaptations which occur as a result of a strength training program;
7. apply information technologies for fitness training;
8. understand the relationship between nutrition, exercise, rest, periodic fitness evaluations, and muscular strength and size increase;
9. conduct individual pre and post measurements to track changes in muscular strength, endurance flexibility and body composition;
10. evaluate data collected during fitness assessments; and
11. describe the benefits of strength training related to athletics and sport participation.

Major Topics

- I. Benefits of strength for general health and wellness
- II. Personal assessment and fitness profile
- III. Benefits of strength training for athletes
- IV. Specificity of strength training
- V. Cross training for muscular strength and power
- VI. Ladder and pyramid training strategies for maximum gains
- VII. Principles of strength and power training

Course Requirements

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

- attendance and active participation

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

- one written assignment
- one written test
- one pre and one post fitness assessments

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.

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