

# **PELF 116**

## **Weight Training**

1 Credit

Community College of Baltimore County  
Common Course Outline

### **Description**

**PELF 116 – Weight Training:** improves the fitness levels of students through the use of resistance machines, free weights, prescribed exercises, and general fitness activities. This course is a complete fitness course which emphasizes the development of muscular strength and muscular endurance.

### **Overall Course Objectives**

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

1. demonstrate knowledge of physical fitness concepts and practices;
2. evaluate personal fitness levels in comparison to established norms;
3. identify muscle/muscle groups and explain methods of increasing their strength;
4. demonstrate safe practices in the weight training area;
5. demonstrate knowledge of body mechanics and its application;
6. explain the relationship between nutrition (diet) and physical fitness;
7. explain various methods of using resistance to increase muscular strength and muscular endurance;
8. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance; and
9. develop a plan for lifelong personal fitness.

### **Major Topics**

- I. Assessment of physical fitness and interpretation of results: Body composition, flexibility, muscular strength, muscular endurance, and cardiorespiratory endurance
- II. Body composition factors such as muscle fiber, body types, variations with gender, heredity, and age
- III. Principles of resistance training
- IV. Setting appropriate fitness goals
- V. Nutrition and diet
  - a. Nutrition basics
  - b. Nutrition for training and performance
  - c. Effects of performance aids
- VI. Techniques and practice
  - a. 1 rep max calculations and use
  - b. Resistance machines
  - c. Free weights/Olympic weight
  - d. Other methods (isometric, body weight exercises, etc.)

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

## **Course Requirements**

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

- Attendance and participation
- Pre- and post-fitness testing
- One written quizzes/exams
- Journal (written journal detailing fitness activities, improvement in strength, nutrition, etc.)
- Two written assignments

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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