

PELF 128

Circuit Weight Training for Fitness I

2 Credits

Community College of Baltimore County
Common Course Outline

Description

PELF 128 – Circuit Weight Training for Fitness I: is a course that offers a self-paced, individualized muscular endurance training program. Students develop fitness goals using the SMART (Specific, Measurable, Attainable, Relevant, Time-bound) principle and develop a progressive training schedule. Weight room safety is emphasized, as well as proper training technique. Students work individually while being supervised by the course instructor.

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. apply circuit weight training safety procedures;
4. recall 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 weight training guidelines;
8. apply the principles of progressive overload to a circuit weight training program;
9. create goals using the SMART principle;
10. apply the FITT (Frequency, Intensity, Type of exercise, Time) principle to a circuit weight training program; and
11. evaluate improvements in fitness and body composition using pre/post physical fitness assessments.

Major Topics

- I. Circuit weight training basics
 - a. Weight room safety
 - b. Terminology
 - c. Progressive overload
 - d. Procedures
- II. Five components of fitness
 - a. Muscular strength
 - b. Muscular endurance
 - c. Cardiorespiratory endurance
 - d. Flexibility
 - e. Body composition
- III. Fitness assessment and evaluation
- IV. Setting SMART goals
- V. The FITT principle

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:

- two written exams
- two fitness assessments (pre-test and post-test)
- one written assignment outlining SMART goals
- one written training program

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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