

PELF 130

Weight Stack Machine Training for Physical Fitness I

2 Credits

Community College of Baltimore County
Common Course Outline

Description

PELF 130 – Weight Stack Machine Training for Physical Fitness I: is a course that offers a self-paced, individualized fitness program using weight stack machines. Students complete fitness assessments to assist them with creating SMART (Specific, Measurable, Attainable, Relevant, Time-bound) goals for muscular strength and endurance. This enables them to create a personal periodized training plan using the FITT (Frequency, Intensity, Time, Type) principle of planning. 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. apply weight stack machine and weight room safety procedures;
3. describe the theories and principles of weight stack machine training;
4. recall the terminology of weight stack machine training;
5. analyze current research related to muscular strength and endurance training;
6. apply the principles of progressive overload to a weight stack machine training program;
7. create goals using the SMART principle;
8. create a weight stack machine training program using the FITT principle; and
9. evaluate improvements in muscular strength, muscular endurance, and body composition using pre/post physical fitness assessments.

Major Topics

- I. Weight stack machine training basics
 - a. Weight room safety
 - b. Terminology
 - c. Progressive overload
 - d. Procedures
- II. Five health-related 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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