

Common Course Outline

PELF 137

Triathlon Training

1 Credit

Community College of Baltimore County

Description

PELF 137 – Triathlon Training is a course in which students develop the physical skills and technique for swimming, cycling, and running. Students increase their cardiorespiratory endurance while applying various training methodologies. Students examine and apply personal safety knowledge to prevent injury, overtraining, and accidents.

1 Credit

Overall Course Objectives

Upon completion of this course students will be able to:

1. create a training program to increase cardiovascular endurance through multiple modalities;
2. demonstrate the methods of measuring fitness;
3. assess overtraining risk and symptoms;
4. apply training techniques for distance swimming, cycling, and running;
5. apply measures of cycling safety;
6. describe body mechanics during activity;
7. identify risk factors of triathlon training;
8. recognize common obstacles that might be encountered during training or competition;
and
9. complete at least a sprint-distance triathlon.

Major Topics

- I. Proper mechanics for distance swimming
- II. Training methods for improving swimming distance and speed
- III. Proper mechanics for distance running
- IV. Training methods for improving running distance and economy
- V. Choice and use of equipment
- VI. Recognizing and responding to common problems
- VII. Safety rules for road cycling
- VIII. Endurance training techniques
- IX. Triathlon racing techniques

Course Requirements

Grading will be determined by the individual faculty member but will include the following:

Grading/exams

- A minimum of two written exam/quizzes
- A minimum of two technique evaluations
- One fitness level pre-test and one fitness level post-test

Other Course Information

This course is an elective in the Physical Education program of study. Students are required to provide a bicycle, helmet, and proper gear for swimming and running.

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