

**PELF 150**  
**Mixed Martial Arts Fitness**  
2 Credits

Community College of Baltimore County  
Common Course Outline

**Description**

**PELF 150 – Mixed Martial Arts Fitness:** uses resistance training and various physical fitness routines from a variety of martial arts in order to improve cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Lectures and activities are used to further develop students' skills for assessing and improving their level of wellness throughout their lifespan.

**Overall Course Objectives**

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

1. analyze the physiological adaptations that occur as a result of participation in a fitness and wellness program;
2. complete personal physical fitness assessments;
3. exhibit correct technique, control, and safety precautions in exercise performance;
4. demonstrate effective communication in writing, speaking, or signing wellness related information and evaluations;
5. analyze personal lifestyle habits that may influence exercise performance and susceptibility to chronic diseases;
6. establish fitness and wellness related goals;
7. develop lifestyle strategies in order to meet fitness and wellness goals;
8. maintain training records, complete self-evaluation, and revise goals as necessary;
9. explain how participation in a martial arts program can improve the six dimensions of wellness; and
10. demonstrate enhanced fitness in the areas of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

**Major Topics**

- I. Six dimensions of wellness
- II. Components of physical fitness
- III. Physical fitness assessments
- IV. Principle of exercise
- V. Exercise and safety for mixed martial arts
- VI. Lifestyle factors that impact performance

**Course Requirements**

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

- Two written exams

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

- Two written assignments
- Active participation in class activities and discussions

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.

### **Other Course Information**

This is a physical activity course and proper attire for physical activity is required.

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