

# PE-1000: PERSONAL FITNESS

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## Cuyahoga Community College

**Viewing: PE-1000 : Personal Fitness**

**Board of Trustees:**

January 2021

**Academic Term:**

Fall 2021

**Subject Code**

PE - Physical Education

**Course Number:**

1000

**Title:**

Personal Fitness

**Catalog Description:**

Introduction to techniques, principles and benefits of a personal conditioning program including flexibility, muscle endurance, muscle strength, body composition, with an emphasis on cardiorespiratory fitness training.

**Credit Hour(s):**

2

**Lecture Hour(s):**

1

**Lab Hour(s):**

2

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Course Outcome(s):**

Develop a program for lifetime fitness that incorporates nutrition, fitness, weight management and healthy lifestyle behaviors.

**Objective(s):**

1. Assess his/her individual fitness level.
2. Demonstrate knowledge of the components of physical fitness.
3. Demonstrate the safety procedures for aerobic activity, flexibility and use of various endurance training machines.
4. Calculate the resting, training, recovery, and maximum heart rates.
5. Perform the correct exercises for the major muscle groups on various training machines.
6. Define muscular endurance training as related to circuit training.
7. Develop knowledge of a total fitness program, which includes flexibility, cardio-vascular, and muscle training.

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**Methods of Evaluation:**

1. Practical examination
2. Written examination
3. Attendance/participation

**Course Content Outline:**

1. Total Fitness Program
  - a. Warm-up and cool down
  - b. Flexibility
  - c. Circuit training
  - d. Cardiorespiratory training
  - e. Muscular training
  - f. Nutrition
  - g. Components of Fitness
2. Heart rates
  - a. Resting
  - b. Training
  - c. Recovery
  - d. Maximum
3. Safety Procedures
  - a. Aerobic activities
  - b. Flexibility activities
  - c. Endurance training machinery
  - d. Weight training activities

**Resources**

Fahey, Thomas D. *Fit and Well*. 12th. McGraw-Hill Publishing Company, 2017.

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Hoeger, Wener W.K. *Fitness and Wellness*. 12th. Cengage Learning , 2017.

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Keane, Brian. *The Fitness Mindset: Eat for energy, Train for tension, Manage your mindset, Reap the results*. Rethink Press, 2017. June 26.

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Matthews, Michael. *Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body*. Oculus Publishers, Inc., 2019. March 15.

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Duyff, Roberta Larson. *Academy of Nutrition and Dietetics Complete Food and Nutrition Guide*. 5th. Boston: Houghton Mifflin Harcourt,

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**Instructional Services**

**CTAN Number:**

Career Technical Assurance Guide CTBPO001 (6 of 7 courses, all must be taken) and CTES002

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