

# PE-1010: PERSONAL STRENGTH DEVELOPMENT

---

## Cuyahoga Community College

**Viewing: PE-1010 : Personal Strength Development**

**Board of Trustees:**

January 2021

**Academic Term:**

Fall 2021

**Subject Code**

PE - Physical Education

**Course Number:**

1010

**Title:**

Personal Strength Development

**Catalog Description:**

Activities which incorporate the five components of fitness: body composition, cardiovascular fitness, muscle strength, muscle endurance and flexibility with emphasis on strength 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 of lifetime conditioning based on information learned in this course.

**Objective(s):**

1. Assess his/her individual fitness level.
  2. Demonstrate knowledge concerning the benefits of physical activities which incorporate the various components of fitness.
  3. Define and perform various flexibility exercises.
  4. Define and perform various muscle strengthening exercises.
  5. Define and perform various muscle endurance exercises.
  6. Define and perform various cardiovascular exercises.
  7. Calculate a resting, training, recovery, and maximum heart rate.
  8. Demonstrate knowledge concerning body composition and various techniques of calculation.
  9. Define nutritional guidelines and apply them to improving body composition.
  10. Develop a program of lifetime conditioning based on information learned in course.
-

**Methods of Evaluation:**

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

**Course Content Outline:**

1. Fitness Evaluation
  - a. Warm-up and cool down
  - b. Pre-test
  - c. Post-test
2. Five Components of fitness
  - a. Flexibility exercises
  - b. Strength exercises
  - c. Cardiorespiratory exercises
    - i. Endurance exercises
    - ii. Body composition
3. Heart rate
  - a. Resting
  - b. Training
  - c. Recovery
  - d. Maximum
4. Nutritional guidelines
  - a. Carbohydrates
  - b. Fats
  - c. Proteins
  - d. Calories

**Resources**

---

Delavier, Frederic. *Strength Training Anatomy*. 3rd. Human Kinetics, 2010.

---

Schoenfeld, Brad. *Science and Development of Muscle Hypertrophy*. Human Kinetics, 2016.

---

Bompa, Tudor O. and A. Carlo Buzzichelli. *Periodization. Theory and Methodology of Training*. Human Kinetics, 2019.

---

Tumminello, Nick. *Strength Training for Fat Loss*. Human Kinetics, 2014.

---

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

---

Lauren, Mark and Joshua Clark. *Best Body weight workouts: "You are your own gym: The bible of Body weight Exercise"*. Random House, 2011. January 4th.

---

Campbell, Adam. *The Mens Health Big Book of Exercises: Four Weeks for a Leaner, Stronger, more Muscular You!*. Rodale Wellness, 2016. October 25th.

---

Kirshen, David and William Smith. *Strength Training Bible for Women. The Complete Guide to Lifting Weights for a Lean, Strong, Fit Body*. Hatherleigh Press, 2015. October 27th.

---