Mohawk Valley Community College

Utica & Rome, New York

Course Outline

PM111: Total Fitness Training – PE Majors C-0, P-2, Cr. - 1

Course Description:

This course provides students with proper training techniques for development of muscular strength, cardiovascular endurance, and flexibility programs. Emphasis is placed on teaching students the physiological principles and proper safety mechanics of fitness components. For Physical Education emphasis students.

Student Learning Outcomes:

1. Student will demonstrate knowledge assessing his/her fitness level.
2. Student will demonstrate knowledge of weight training, circuit training by participating in a program and charting his/her progress.
3. Students will access their individual body fat and show knowledge of how to improve body composition through exercise and diet.
4. Students will demonstrate knowledge of cardiovascular training by participating in an aerobic training program and charting their progress.
5. Student will demonstrate knowledge of flexibility by participating in a flexibility routine and charting his or her progress.
6. Students will experience the value of intensified fitness training resulting in

improvement, making total fitness workouts a lifetime pursuit.

Major Topics:

1. Safety
2. Warm up/Warm down
3. Principles of circuit/weight training
4. Strength Training

 a. chest

 b. biceps

 c. triceps

 d. shoulders

 e. legs

 f. back

 g. abdominal

1. Aerobic Training

 a. Cooper Test

 b. Training Zone Workouts

1. Flexibility Training
2. Nutrition

 a. Body composition

 8. Personalized workouts Updated: 07/2023