

Course Title: Advanced Body Conditioning
Prefix and Course Number: PE 277

Course Learning Outcomes

- Perform pre and post fitness measurements to monitor personal progress.
- Calculate personal training heart rate zones.
- Perform circuit training routine of 25 stations
- Complete “complex” training routine.
- Learn the 3 Olympic lifts.
- Perform a plyometric routine.

Course Outline:

- I. Body Conditioning
 - A. Weight Training
 - B. Walking
 - C. Jogging
 - D. Calisthenics
 - E. Organized physical activities
 - F. Improved cardiovascular functions