

Common Course Outline

PELF 112

Cardio Fitness

1 Credit

The Community College of Baltimore County

Description

PELF 112– 1 credit –Cardio Fitness – develops cardio fitness through a program of jogging, cardio kick, step aerobics, cardio pump and other cardio activities. This course helps individuals to increase cardiorespiratory endurance and increases the maximum amount of oxygen that the body can process within a given time.

1 Credit: 2 hours of lecture and directed activity

Overall Course Objectives

Upon completion of this course students will be able to:

1. evaluate personal fitness levels in comparison to established norms;
2. demonstrate safe and effective fitness training practices;
3. explain the principles of effective training according to Frequency, Intensity, Time and Type;
4. describe the health benefits of regular physical activity;
5. explain the relationship between nutrition (diet) and physical fitness;
6. demonstrate knowledge of body mechanics and safe movement practices during activity;
7. practice cooperation in group activity;
8. analyze improvements in strength, flexibility, body composition and cardiorespiratory endurance; and
9. develop a plan for lifelong personal fitness.

Major Topics

- I. Assessment of physical fitness and interpretation of results
 - A. Body composition
 - B. Flexibility
 - C. Muscular strength
 - D. Muscular endurance
 - E. Cardiorespiratory endurance
- II. Personal change: setting appropriate goals
- III. Principles of cardiorespiratory endurance training
 - A. Warm-ups and cool-down
 - B. Training programs
 - C. Heart rate calculations and monitoring
- IV. Nutrition and diet

- A. Nutrition basics
 - B. Nutrition for training and performance
 - C. Diet and weight management
- V. Techniques and practice
- A. Low to moderate level cardio training
 - B. Moderate to high level cardio training
 - C. Variety of training

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- Attendance and active participation
- Pre and post physical fitness testing
- Monitoring heart rate
- Written quizzes/exams (one or more at the discretion of the instructor)
- Journal (e journal or written journal detailing fitness activities, nutrition, personal growth, etc.) at the discretion of the instructor
- Additional assignments (written lifelong plan, nutritional analysis, specific topics reading/writing/internet, etc.) at the discretion of the instructor

Written Assignments: Students are required to utilize appropriate academic resources.

Other Course Information

This course is appropriate for students who are healthy and in all levels of fitness. Appropriate fitness attire and footwear required.