

**PELF 124**  
**Cardiovascular Fitness**  
2 Credits

Community College of Baltimore County  
Common Course Outline

**Description**

**PELF 124 – Cardiovascular Fitness:** is a course that provides an intensive cardiovascular fitness training program using traditional training methods and the latest in high-tech equipment. Students engage in fitness assessments to assist with creating their own personal fitness goals and fitness program.

**Overall Course Objectives**

Upon completion of this course, students will be able to:

1. describe the function of the cardiovascular system;
2. identify the physiological and psychological benefits of cardiovascular training;
3. apply cardiovascular training principles;
4. interpret periodic personal fitness assessments;
5. create goals using the SMART (Specific, Measurable, Attainable, Relevant, Time-bound) principle;
6. identify personal risk factors associated with cardiovascular disease;
7. discuss the concept of progressive overload;
8. create an effective personal cardiovascular training program using the FITT (Frequency, Intensity, Time, Type) principle;
9. explain behavioral modifications that can reduce the risk of cardiovascular disease;  
and
10. discuss current research in cardiovascular fitness.

**Major Topics**

- I. Cardiovascular system
- II. Benefits of cardiovascular training
- III. Cardiovascular training principles
- IV. Fitness assessment
  - a. Participating in a fitness assessment
  - b. Interpreting fitness assessment results
- V. SMART goals
- VI. The FITT principle
- VII. Behavior modification

**Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- one written exam

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- two fitness assessments (pre-test and post-test)
- one written assignment related to personal cardiovascular disease risk factors
- one written exercise plan using the FITT principle

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 5/2/2023

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.