

COURSE SYLLABUS

DIVISION: Workforce Services

Revised: January 2015

CURRICULA IN WHICH COURSE IS TAUGHT: Non-Curricula

COURSE NUMBER AND TITLE: PED 103 – Aerobic Fitness I

CREDITS: 1

HOURS/WEEK LECTURE: 1

HOURS/WEEK LAB: 0

LECTURE/LAB COMBINATION: 1 (0)

I. CATALOG DESCRIPTION: Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition.

II. RELATIONSHIP OF THE COURSE TO CURRICULA OBJECTIVES IN WHICH IT IS TAUGHT: Non-Curricula Course

III. REQUIRED BACKGROUND: None

IV. COURSE CONTENT

- ◆ Physiology associated with cardiorespiratory fitness
- ◆ Assessing and developing strategies to improve cardiorespiratory conditioning
- ◆ Activities associated with cardiorespiratory conditioning
- ◆ Developing a personalized cardiorespiratory conditioning program
- ◆ Body composition and muscle assessment
- ◆ Nutritional behaviors related toward the enhancement of cardiorespiratory performance

V. LEARNER OUTCOMES

VI. EVALUATION:

A. Follow a prescribed workout schedule for cardiorespiratory conditioning	A. Record data on an appropriate workout sheet and turn in weekly
B. Participate in a variety of aerobic activities that ensure cardiorespiratory improvement	B. Determine appropriate training effect of each activity and record data on workout sheets
C. Demonstrate a workable knowledge of major muscle groups	C. Multiple choice test
D. Participate in the assessment of body composition and muscle movement activities	D. Assessment test
E. Develop a workable knowledge of the physiology associated with cardio respiratory endurance	E. Multiple choice test

The course supports the following education objectives:

- A. DCC Educational Objectives
1. Communication
 2. Interpersonal Skills and Human Relations
 3. Understanding Culture and Society