

PHEDC129 : Cardiovascular Fitness I

General Information

Author:	-
Course Code (CB01) :	PHEDC129
Course Title (CB02) :	Cardiovascular Fitness I
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000245190
Curriculum Committee Approval Date:	04/08/2011
Board of Trustees Approval Date:	05/05/2011
External Review Approval Date:	05/13/2011
Course Description:	This is beginning course in cardiovascular fitness using the machines in the fitness lab (rowers, stationary bikes, treadmills and stair steppers). This class is designed for inactive people who want to begin a cardiovascular exercise program.
Submission Type:	New Course
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	• Physical Education
Alternate Master Discipline Preferred:	• Physical Education
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08) Course is not a basic skills course. <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Course Special Class Status (CB13) Course is not a special class. Allowed Number of Retakes 0 Retake Policy Description	Grade Options <ul style="list-style-type: none"> • Letter Grade Methods • Pass/No Pass Course Prior To College Level (CB21) Not applicable.
Rationale For Credit By Exam/Challenge	<input checked="" type="checkbox"/> All	<input type="checkbox"/>

No value

Type:|Non-Repeatable Credit

Allow Students to Audit Course

Course Support Course Status (CB26)

No value

Associated Programs

Course is part of a program (CB24)

Associated Program

Award Type

Active

No value

No value

Transferability & Gen. Ed. Options

Course General Education Status (CB25)

No value

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Cerro Coso General Education Requirements

Categories

Status

Approval Date

Comparable Course

Area 7.2

Health & Wellness Activity

Approved

No value

No Comparable Course defined.

CSU General Education Certification

Categories

Status

Approval Date

Comparable Course

Area E.2

Lifelong Learning & Self-Development Activity

Approved

No value

No Comparable Course defined.

Units and Hours:

Summary

Minimum Credit Units (CB07)

1

Maximum Credit Units (CB06)

1

Total Course In-Class (Contact) Hours

54

Total Course Out-of-Class Hours

0

Total Student Learning Hours

54

Faculty Load 0

Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non Credit Category (CB22)

Credit Course.

Non-Credit Characteristic

No Value

Course Classification Status (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

Course Student Hours

Course Duration (Weeks) 18

Hours per unit divisor 0

Course In-Class (Contact) Hours

Lecture 0

Laboratory 0

Activity 0

Total 54

Course Out-of-Class Hours

Lecture 0

Laboratory 0

Activity 0

Total 0

Time Commitment Notes for Students

No value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entrance Skills

Entrance Skills

Description

No value

No value

Limitations on Enrollment

Limitations on Enrollment

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Other

Rationale

Other Methods: Activity

Methods of Instruction

Skills Development and Performance

Rationale

No value

Methods of Instruction

Other

Rationale

Other Methods: ActivityOther Methods: ActivityDemonstration

Methods of Instruction

Lecture

Rationale

No value

Methods of Instruction

Discussion

Rationale

No value

Methods of Instruction	Demonstration			
Rationale	No value			
Assignments				
No Value				
Methods of Evaluation		Rationale		
Tests		Students will perform the 1 mile Rockport walk test pre and post class. Students ability to write a personal fitness program and evaluation in a Rubric.		
Equipment				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials				
Description	Other: Handouts and optional library reading			
Author				
Citation	Cardiovascular Fitness I			
Materials Fee				
No				

Learning Outcomes and Objectives	
Course Objectives	
No value	
CSLOs	
Create an exercise program that meets their individual needs based on results of fitness tests and assessments.	Expected SLO Performance: 70.0
Identify, explain and conduct the lab tests to evaluate cardiovascular respiratory fitness and body composition.	Expected SLO Performance: 70.0

Identify those exercises that will promote a sense well-being in their lives.

Expected SLO Performance: 70.0

Demonstrate an ability to work at a beginning cardiovascular pace.

Expected SLO Performance: 70.0

Correctly take girth, height and weight measurements

Expected SLO Performance: 70.0

Outline

Course Outline

For Beginning Students

I Components of Physical Fitness

II Evaluation of Health Status

III Anatomy & Physiology

A. Cardiovascular System

B. Respiratory System

IV Measurement and Evaluation

A. Statistics

B. Height; weight

C. HR & BP

V Assessment of Cardiovascular Fitness

A. 1 mile walk test

B. Bicycle Ergo meter Test

VI Exercise Prescription to improve Cardiovascular Fitness

A. Equipment

B. Aerobic Activities

VII Assessing Body Composition

A. Skin Fold Calibration

B. Anthropometric Measurements

VIII Designing a Personal Program to improve cardiovascular fitness

Delivery Methods and Distance Education

Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

Face 2 Face

Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

Effective Student-Instructor Contact: Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

Software and Equipment: What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

Accessibility: Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

itv
LMS
publisher

Class Size: Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value