

## PHEDC130 : Cardiovascular Fitness II

### General Information

Author:	-
Course Code (CB01) :	PHEDC130
Course Title (CB02) :	Cardiovascular Fitness II
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) :	CCC000316778
Curriculum Committee Approval Date:	04/12/2013
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	06/13/2013
Course Description:	This is an advanced course in cardiovascular fitness using the machines in the fitness lab (rowers, stationary bikes, and stair steppers). This class is designed for the moderately/advanced fit person who wants to improve his/her cardiovascular fitness level.
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

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

### Prerequisite

PHEDC129 - Cardiovascular Fitness I

Beginning students are taught the basic exercise and safety rules and fundamentals. This is important prior to attempting Level II cardiovascular work outs.

## Entrance Skills

Entrance Skills	Description
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No value	No value
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## Limitations on Enrollment

Limitations on Enrollment	Description
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No value	No value
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## Specifications

### Methods of Instruction

Methods of Instruction	Other
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Rationale	Other Methods: Activity
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Methods of Instruction	Skills Development and Performance
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Rationale	No value
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Methods of Instruction	Demonstration
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Rationale	No value
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Methods of Instruction	Discussion
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Rationale	No value
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<b>Methods of Instruction</b>	Lecture			
<b>Rationale</b>	No value			
<b>Assignments</b>				
No Value				
<b>Methods of Evaluation</b>	<b>Rationale</b>			
Tests	Students will perform the 1.5jog/ walk test pre and post class. Student will be assessed and measured by testing their knowledge of designing a fitness program with a Rubric.			
<b>Equipment</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials</b>				
<b>Description</b>	Other: Handouts and optional library assignments			
<b>Author</b>				
<b>Citation</b>	Cardiovascular Fitness II			
<b>Materials Fee</b>				
No				

<b>Learning Outcomes and Objectives</b>	
<b>Course Objectives</b>	
No value	
<b>CSLOs</b>	
Create and evaluate 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 several field tests to evaluate cardiovascular respiratory fitness and body composition	Expected SLO Performance: 70.0
Identify and implement advanced level exercises can promote a sense well-being in their lives in their fitness program.	Expected SLO Performance: 70.0

Demonstrate the ability to work at an advanced cardiovascular pace.

Expected SLO Performance: 70.0

Interpret the results of personal fitness tests and evaluations.

Expected SLO Performance: 70.0

## Outline

### Course Outline

1. Review of Beginning Concepts and Skills from Level 1
  - a. Components of Physical Fitness
  - b. Evaluation of Health Status
  - c. Anatomy & Physiology
    - i. Cardiovascular System
    - ii. Respiratory System
  - d. Measurement and Evaluation
    - i. Statistics
    - ii. Height; weight
    - iii. HR & BP
  - e. Assessment of Cardiovascular Fitness
    - i. 1 mile walk test
    - ii. Bicycle Ergo meter Test
  - f. Exercise Prescription to improve Cardiovascular Fitness
    - i. Equipment
    - ii. Aerobic Activities
  - g. Assessing Body Composition
    - i. Skin Fold Calibration
    - ii. Anthropometric Measurements
  - h. Designing a Personal Program to improve cardiovascular fitness
2. Advanced Concepts and Skills
  - a. Assessment of Cardiovascular Fitness
    - i. Harvard Stress Test
    - ii. 12 Minute Aerobics Run
    - iii. Treadmill-Graded Exercise Test
  - b. Exercise Prescription to improve Cardiovascular Fitness
    - i. Training Programs
  - c. Assessing Body Composition
    - i. Determining Energy Expenditure

## 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