

# Common Course Outline

## PELF 124

### Cardio Fitness

2 Semester Hours:

## The Community College of Baltimore County

### Description

Cardiovascular Fitness provides an intensive aerobic training program using traditional methods and high-tech equipment, including the Stairmaster Lifecycle, Stationary Cycle, Concept II Rower, Elliptical machines, treadmills, and computerized strength training equipment.

Pre-requisite: None. This course may be used to fulfill 2 elective credits.

### Overall Course Objectives

Upon successfully completing a course in Cardiovascular Fitness, students will be able to:

1. design an effective personal cardiovascular fitness program, utilizing sound training principles and procedures;
2. regularly monitor and periodically assess improvement in cardiovascular fitness;
3. identify the anatomical, physiological, and psychological benefits of aerobic training;
4. describe the structure and function of the heart and circulatory system;
5. identify, assess and modify personal risk factors associated with cardiovascular disease;
6. understand and apply aerobic training principles and procedures;
7. review and discuss recent and relevant cardiovascular fitness research and information;
8. review and discuss the relationship of other health factors, including diet, nutrition and stress, to cardiovascular fitness and health.

### Major Topics

1. Cardiovascular Fitness
2. Circulorespiratory System
3. Principles of Training
4. Frequency, Intensity and Duration
5. Fitness Profiles and Prescriptions
6. Personal Fitness Goals
7. Individuality and Fitness

### Course Requirements

1. Pre and post fitness evaluations
2. Two written evaluations on cardiovascular fitness
3. Three physical performance assessments, one each, based on frequency, intensity and duration

### Other Course Information

PELF 124 has no prerequisite and is recommended as a fitness/wellness program for all students, regardless of age, gender or physical ability. This course is elective and does not satisfy General Education graduation requirements.