

# **Common Course Outline**

## **PELF 124**

### **Cardiovascular Fitness**

**2 Credits**

## **Community College of Baltimore County**

### **Description**

**PELF 124 – Cardiovascular Fitness** provides an intensive aerobic training program using traditional training methods and utilizing the latest in high-tech equipment. Students create a personal cardiovascular fitness training program based on individual goals.

**2 Credits**

**Prerequisites:** None

### **Overall Course Objectives**

Upon completion of this course students will be able to:

1. design an effective personal cardiovascular fitness program;
2. employ periodic personal fitness assessments;
3. identify the anatomical, physiological and psychological benefits of aerobic training;
4. describe the function of the cardiovascular system;
5. identify personal risk factors associated with cardiovascular disease;
6. modify behaviors to reduce the risk of cardiovascular disease;
7. apply aerobic training principles;
8. discuss recent research in cardiovascular fitness; and
9. describe the relationship of health factors such as diet and stress to cardiovascular fitness and health.

### **Major Topics**

- I. Cardiovascular fitness
- II. Cardiorespiratory system
- III. Principles of cardiovascular endurance training
- IV. Exercise frequency, intensity and duration
- V. Fitness profiles and prescriptions
- VI. Personal fitness goals
- VII. Individuality and fitness

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- A minimum of one written exam
- Two fitness evaluations (pre-test and post-test)
- A minimum of one written exercise prescription using the Frequency, Intensity, Type, Time (FITT) principle

Written Assignments: Students are required to use appropriate academic resources.

### **Other Course Information**

This course requires strenuous physical activity.

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