

Common Course Outline
PELF 125
Cardiovascular Fitness
3 Semester Hours

The Community College of Baltimore County

Description

Cardiovascular Fitness

Introduces the principles of exercise and theories of conditioning; includes a physiological pre-program evaluation, lectures on fitness and related topics, individualized exercises, and a physiological post-program evaluation; improves physical fitness by maintaining individual target training zone during a wide variety of activities; helps establish a healthy attitude and positive commitment toward physical fitness.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Explain and defend his/her individual philosophy and definition of health and wellness.
2. Participate in and interpret an exercise tolerance and physical fitness pre and post test.
3. Analyze the five components of physical fitness.
4. Apply the principles of cardiovascular training to design an aerobic exercise program.
5. Identify risk factors and symptoms of cardiovascular disease.
6. Identify the principles of muscular strength training.
7. Differentiate between safe and unsafe stretches.
8. Apply the principles of safe stretching to a flexibility improvement program.
9. Explain the relationship between diet, exercise, and weight control.
10. Complete and critically evaluate a dietary analysis.
11. Determine desirable body weight.
12. Define stress and explain a variety of stress management techniques.
13. List the warning signs of cancer.
14. List the basic procedures in prevention and treatment of training related injuries.
15. Establish a comprehensive individualized wellness plan for the future.

Major Topics

- I. Physical Fitness and Wellness
 - A. Components of Physical Fitness
 - B. Dimensions of Wellness

- II. Principles of Training
 - A. Cardiovascular Respiratory Endurance
 - B. Muscular Strength and Endurance
 - C. Flexibility
 - D. Body

- III. Nutrition and Weight Management

- A. Dietary Analysis
- B. Components of a Healthy Diet
- C. Weight Management Program

IV. Stress Management

V. Cardiovascular Disease

- A. Risk Factors
- B. Diseases

VI. Cancer

VII. Injury Prevention and Care

Course Requirements

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

1. Attendance and Participation
2. Physical Fitness Improvement
3. Written Assignments Outside of Class (20)
4. Two Written Examinations

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.