

# PE-1060: CARDIO-FITNESS

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## Cuyahoga Community College

**Viewing: PE-1060 : Cardio-Fitness**

**Board of Trustees:**

June 2022

**Academic Term:**

Fall 2022

**Subject Code**

PE - Physical Education

**Course Number:**

1060

**Title:**

Cardio-Fitness

**Catalog Description:**

Cardio/respiratory conditioning class, consisting of flexibility and aerobic conditioning exercises and use of variety of training machines.

**Credit Hour(s):**

1

**Lecture Hour(s):**

0

**Lab Hour(s):**

2

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Course Outcome(s):**

Improve overall physical conditioning through participation in cardio conditioning-type activities, including but not limited to improvements in cardiorespiratory fitness, muscular fitness, and flexibility.

**Essential Learning Outcome Mapping:**

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

**Objective(s):**

1. Demonstrate ability to analyze and discuss cardio-fitness.
  2. Demonstrate ability to develop maintenance level or improved level of cardio-fitness by composing a fitness program to meet one's needs.
  3. Demonstrate the ability to compare and contrast measuring devices for cardio-fitness testing.
  4. Understand the safety procedures for cardio-activity.
  5. Use the components of course to develop a program of lifetime fitness activities.
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**Methods of Evaluation:**

1. Written evaluation
2. Practical examination
3. Participation
4. Program design

**Course Content Outline:**

1. Physical fitness profile pre-testing and post testing
  - a. Flexibility
  - b. Cardiorespiratory endurance
2. Guidelines for selecting and developing a cardio-fitness program
3. Review of components of fitness
4. Review of training zone (heart rate)
5. Development of individualized exercise program
6. Nutrition and weight control considerations
7. Preventing injuries resulting from aerobic conditioning

**Resources**

Flynn, S., et al. (2018) *Concepts of Fitness and Wellness*, University Systems of Georgia.

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Sozen, H. . (2020) *Cardiorespiratory fitness*, Intechopen.

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Izquierdo, M. (2019) Multicomponent physical exercise program. volume 36.

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