



COURSE SYLLABUS

**DIVISION:** Workforce Services

**Revised:** January 2015

**CURRICULA IN WHICH COURSE IS TAUGHT:** Non-Curricula

**COURSE NUMBER AND TITLE:** PED 103 – Aerobic Fitness I

**CREDITS:** 1

**HOURS/WEEK LECTURE:** 1

**HOURS/WEEK LAB:** 0

**LECTURE/LAB COMBINATION:** 1(0)

**I. CATALOG DESCRIPTION:** Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition.

**II. RELATIONSHIP OF THE COURSE TO CURRICULA OBJECTIVES IN WHICH IT IS TAUGHT:** Non-Curricula Course

**III. REQUIRED BACKGROUND:** None

**IV. COURSE CONTENT**

- ◆ Physiology associated with cardiorespiratory fitness
- ◆ Assessing and developing strategies to improve cardiorespiratory conditioning
- ◆ Activities associated with cardiorespiratory conditioning
- ◆ Developing a personalized cardiorespiratory conditioning program
- ◆ Body composition and muscle assessment
- ◆ Nutritional behaviors related toward the enhancement of cardiorespiratory performance

**V. LEARNER OUTCOMES**

**VI. EVALUATION:**

A. Follow a prescribed workout schedule for cardiorespiratory conditioning	A. Record data on an appropriate workout sheet and turn in weekly
B. Participate in a variety of aerobic activities that ensure cardiorespiratory improvement	B. Determine appropriate training effect of each activity and record data on workout sheets
C. Demonstrate a workable knowledge of major muscle groups	C. Multiple choice test
D. Participate in the assessment of body composition and muscle movement activities	D. Assessment test
E. Develop a workable knowledge of the physiology associated with cardio respiratory endurance	E. Multiple choice test

**The course supports the following education objectives:**

- A. DCC Educational Objectives
1. Communication
  2. Interpersonal Skills and Human Relations
  3. Understanding Culture and Society