



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 404  
**Descriptive Title:** Adapted Cardiovascular Fitness

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course is designed for students with disabilities and provides personalized instruction in cardiovascular exercise. Aerobic and/or anaerobic conditioning will be performed with an understanding of monitoring exercise frequency, intensity and duration. Fitness terminology, training principles, and benefits of exercise will be discussed.  
*Note: Letter grade or pass/no pass option.*

**Conditions of Enrollment:** *You have no defined requisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Both  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Prior to July 1992

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: \_\_\_\_\_ Other: Approved

**CSU GE:** \_\_\_\_\_

**IGETC:** \_\_\_\_\_

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES** (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will calculate one's target exercise heart rate for cardiovascular

exercise and identify its application and limitations.

2. Students will estimate exercise intensity for improving cardiovascular fitness.
3. Students will demonstrate improvement in cardiovascular fitness.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Differentiate aerobic training and anaerobic training in the development and application of cardiovascular fitness.  
Multiple Choice
2. Appraise the health and fitness benefits of participating in a regular, purposeful cardiovascular exercise program.  
Embedded questions
3. Organize proper warm-up and cool-down principles during cardiovascular training to ensure safety and success.  
Class Performance
4. Judge one's Rating of Perceived Exertion (RPE) score during cardiovascular exercise and adjust the intensity when necessary.  
Class Performance
5. Assess resting and exercise heart rates with accuracy.  
Class Performance
6. Determine training exercise heart rate that coincides with level of fitness, age, and existing medical conditions.  
Class Performance
7. Formulate strategies to prevent heat stress conditions during cardiovascular exercise.  
Embedded questions

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	3	I	Introduction A. Safety procedures B. Operation of exercise equipment C. Exercise card D. Student educational contract E. Special course repeat petition
Lab	4	II	Benefits of Cardiovascular Training A. Cardiovascular endurance B. Muscle endurance C. Body composition D. Bone density

			E. Mental cognition F. Psychological
Lab	4	III	Training Principles A. Assessment of health and fitness level B. Goal setting C. Mode of exercise D. Frequency of exercise E. Intensity of exercise F. Duration of exercise G. Warm-up and Cool-down H. Heat stress prevention
Lab	4	IV	Cardiovascular Training A. Aerobic exercise B. Anaerobic exercise C. Circuit training D. Interval training
Lab	6	V	Assessment A. Adjusted maximum heart rate formula B. Rating of perceived exertion (RPE) scale C. Resting heart rate D. Exercise heart rate E. Recovery heart rate
Lab	33	VI	Personalized Exercise Program A. Upright leg cycling B. Recumbent leg cycling C. Arm cycling D. Treadmill walking and running E. Rowing F. Recumbent stepper G. Elliptical stepper H. Circuit and interval resistance training
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Problem solving demonstrations (computational or non-computational)

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Using the age-adjusted maximum heart rate formula, determine your target exercise heart rate relative to your health and fitness level.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Explain to the instructor what variables would increase a score using Borg's Rating of Perceived Exertion scale during cardiovascular exercise.

2. Discuss with instructor, your recommended progression with your cardiovascular exercise training program that will facilitate positive changes with your level of fitness. Changes may include mode and frequency of exercise, intensity levels, and duration of cardiovascular exercise.

**D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Quizzes

Class Performance

Multiple Choice

Completion

Matching Items

True/False

Other (specify):

Personalized exercise card with notation of specific exercises, equipment utilization, and documentation of measurable progress.

**V. INSTRUCTIONAL METHODS**

Demonstration

Discussion

Lecture

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**Estimated Independent Study Hours per Week: 0**

**VII. TEXTS AND MATERIALS**

**A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

**B. ALTERNATIVE TEXTBOOKS**

**C. REQUIRED SUPPLEMENTARY READINGS**

**D. OTHER REQUIRED MATERIALS**

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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**B. Requisite Skills**

Requisite Skills
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
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**D. Recommended Skills**

Recommended Skills
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Mary Martin on 09/01/1988.

BOARD APPROVAL DATE: 03/13/1989

LAST BOARD APPROVAL DATE: 12/14/2015

Last Reviewed and/or Revised by Mark Lipe on 09/17/2015

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