

## **NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 103 – AEROBIC FITNESS I (1 CR.)**

### Course Description

Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

### General Course Purpose

This health-related physical activity course will teach students how to use a variety of aerobic activities to improve heart and lung function.

### Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, jumping, and dancing. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

### Course Objectives

Upon completing the course, the student will be able to:

- a) Identify the major parts of the cardiorespiratory system
- b) Describe how exercise influences the cardiorespiratory system and body composition
- c) Assess baseline personal aerobic capacity and conduct periodic update assessments
- d) Compute personal target heart rate zone
- e) Create a personal cardiorespiratory fitness program that includes individual and/or group exercises
- f) Correctly perform aerobic exercises appropriate to one's age and physical condition
- g) Demonstrate ability to correctly and safely use aerobic exercise equipment

### Major Topics to be Included

- a) Warm-ups, workouts, cool-downs
- b) Periodization
- c) Exercise guidelines for special populations