

PE G178: CARDIOVASCULAR LABORATORY

Item	Value
Top Code	083500 - Physical Education
Units	.5-1 Total Units
Hours	27-54 Total Hours (Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Pass/No Pass (B)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

The cardiovascular lab course is designed for those people who desire a cardiovascular workout using a combination of stationary bikes, treadmills, elliptical, and rowing machines. This is suited for men and women of all age groups who are interested in achieving a maximal level of cardiovascular fitness. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Identify and demonstrate correct stretching techniques.
3. Analyze and describe a beneficial cardiovascular workout.
4. Measure and interpret his or her exercise heart rate.
5. Produce and evaluate a written record of his or her program.

Course Objectives

- 1. Demonstrate correct stretching techniques
- 2. Analyze and describe a beneficial cardiovascular workout
- 3. Calculate their exercise heart rate
- 4. Maintain and evaluate a written record of his/her program
- 5. Conclude the benefits of his/her own participation
- 6. Correctly use lab equipment to the benefit of their own fitness

Method(s) of Instruction

- Lab (04)

Writing Assignments

The student will: 1. Demonstrate correct use of equipment in the lab 2. Be evaluated on the written record of his/her program 3. Be required to practice the listed objectives

Out-of-class Assignments

Assessment of individual fitness level and conclude need for continued participation

Demonstration of Critical Thinking

The student will be able to: 1. Evaluate their cardiovascular improvement 2. Appraise current fitness level and devise program for further participation and improvement 3. Calculate their working and training heart rate (for age, etc.) 4. Value benefits derived in relationship to lifetime cardiovascular fitness

Required Writing, Problem Solving, Skills Demonstration

The student will: 1. Demonstrate correct use of equipment in the lab 2. Be evaluated on the written record of his/her program 3. Be required to practice the listed objectives

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Appropriate work-out clothing

Lab Content

1. Orient students to class procedures 2. Pre-workout stretching 3. Introduction to cardiovascular equipment 4. Cardiovascular training by using equipment for a fixed period of time 5. Take exercise heart rate levels and conclude appropriate participation level 6. Optional tests (for which arrangements may be made): a. Blood tests for lipoprotein ratio and cholesterol count b. Cardiovascular endurance performance test