

COCONINO COMMUNITY COLLEGE  
COURSE OUTLINE

Prepared by: Alan Petersen & Karen Custer-Thurston  
Revised by: Colleen Carscallen  
Status: Permanent  
Effective Term: Fall 2017

March 9, 2005  
February 6, 2017

A. Identification

1. Subject Area: Fitness (FIT)  
Previously Dance (DAN)
2. Course Number: 103
3. Course Title: Cardio-Fitness Workout
4. Credit Hours: 1
5. Catalog Description: An intense cardio-vascular workout that combines aerobic exercise, free-weights, body-sculpting and nutrition. One lecture. May be taken for S/U credit.

B. Course Goals: To give students an intense workout experience combined with an introduction to good nutrition habits for health and vitality

C. Course Outcomes

Upon successful completion of this course, student will:

1. exhibit a lowered resting heart rate;
2. exhibit a decreased adjustment time between working heart rate and return to resting heart rate;
3. exhibit increased strength for major muscle groups of trunk, shoulder and hips;
4. demonstrate their knowledge of good nutrition and wellness practices;
5. relate their feeling of empowerment with improved fitness and acknowledge their responsibility for healthy lifestyle choices;
6. and exhibit increased satisfaction and pride in appearance, with an improved muscle to fat ratio.

D. Course Outcomes Assessment will include:

1. course grades determined by the instructor as outlined in the course syllabus;
2. in-class evaluation of fitness activities;
3. and evaluation of written or oral demonstrations of wellness knowledge.

E. Course Content will include:

1. high impact aerobic exercise;
2. low impact aerobic exercise;
3. resistance bands;
4. strength training with free weights;
5. body-sculpting;
6. aerobic kickboxing sequences;
7. and basic nutrition and wellness practices for better health and vitality.