

COCONINO COMMUNITY COLLEGE  
COURSE OUTLINE

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

March 9, 2005  
December 5, 2018

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, strength training 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. Evaluate personal fitness level with pre and post course testing ;
2. Demonstrate improved cardiovascular fitness, local muscular strength, and endurance ;
3. Demonstrate the ability to adhere to an exercise program ;
4. demonstrate their knowledge of good nutrition and wellness practices;
5. Establish realistic fitness and wellness goals ;
6. Construct a plan for lifelong fitness and wellness.

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 body weight aerobic exercise;
2. low impact body weight aerobic exercise;
3. resistance bands;
4. strength training with free weights;
5. workouts with varying time domains and stimulus ;
6. and basic nutrition and wellness practices for better health and vitality.