



South Central College

HHP 121 Topics in Aerobic Conditioning

Common Course Outline

Course Information

Description	Students will participate in a variety of aerobic conditioning fitness activities that promote improved cardiovascular fitness. Topics may include but are not limited to: walking, running, kickboxing, step aerobics, dance-based aerobics and/or a combination of these activities. Students will learn the basic concepts related to fitness and health, and particularly those related to aerobic conditioning. Students will be able to recognize behaviors that lead to a healthy lifestyle and prevent disease, illness and disability. Students will monitor and track their own cardiovascular fitness level. Students will incorporate a sense of appreciation for a commitment to fitness and wellness in everyday life and create a personalized plan of action for continuing behaviors that promote a healthy lifestyle. This course may be repeated for credit. (Pre-requisites - none; not an MNTC option)
Total Credits	1
Total Hours	32

Course Competencies

1. Improve cardiovascular fitness.

Learning Objectives

Accurately take their pulse and calculate both resting and active heart rates.
Assess cardiovascular fitness and track progress and improvement using standardized fitness assessments.
Calculate an estimated maximum heart rate and heart range rate and use that range to monitor aerobic activity.
Work to improve cardiovascular fitness through active participation in aerobic fitness activities both in class and outside of class.
Foster an appreciation for and commitment to wellness and fitness in everyday life.

2. Understand the link between improved cardiovascular fitness and the risk of disease, illness and disability.

Learning Objectives

Identify fitness activities that are beneficial to cardiovascular fitness.
Identify a number of behaviors that increase the risk for lifestyle related disease.
Describe how these behaviors affect health and fitness.
Suggest lifestyle behavior modifications that would reduce the risk for lifestyle related diseases.

3. Examine personal behaviors and communicate an awareness of the benefits of aerobic conditioning.

Learning Objectives

Recognize and name effective aerobic conditioning fitness activities.
Recognize behaviors that increase the risk for lifestyle related disease.
Evaluate what motivates those behavioral decisions.
Monitor changes in aerobic fitness through standardized fitness assessments.

Suggest modifications in behavior to reduce the risk of lifestyle related disease.
Create a personalized plan of action and set goals to continue to engage in fitness activities.