

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 010 – CARDIOVASCULAR FITNESS AND NUTRITION

3 hours laboratory, 1 unit

Catalog Description

Kinesiology Lab course designed to teach the benefits of cardiovascular exercise, heart-healthy nutrition guidelines, and to provide opportunities for students to analyze their eating habits. This course requires workouts and consultations with the instructor, as well as written and computer assignments. Each student will be assessed in the areas of fitness and diet. *Due to health and safety considerations, only one Kinesiology Lab class (ES 010, 011, 012) may be taken per semester.*

Prerequisite

None

Course Content

- 1) Orientation to Kinesiology Lab cardiovascular fitness equipment
- 2) Self-Assessment
 - a. Sport and foods survey
 - b. National Nutrition quiz
- 3) Leader Nutrients: Part 1
 - a. Carbohydrates
 - b. Fats
 - c. Protein
- 4) Nutrients: Part 2
 - a. Vitamins and minerals
 - b. Nutrient review
- 5) Body Composition/Energy Balance
 - a. Body design
 - b. Nutritional self-study
 - c. Eating disorders
 - d. Ideal weight
 - e. Weight reduction diets
 - f. Heart-healthy food choices
- 6) What is Cardiovascular Health?
 - a. Benefits of cardiovascular exercise
 - b. Developing a fitness program: The F.I.T. Principle (frequency, intensity and time)
 - c. Exercise techniques
 - d. Planning for success: goal setting, scheduling
- 7) Food fiction

Course Objectives

Students will be able to:

- 1) Describe components necessary for exercise to be considered cardiovascular.
- 2) Define personal cardiovascular fitness and nutrition goals.
- 3) Develop and participate in exercise to promote cardiovascular fitness.
- 4) Examine nutritional facts and labels and correctly identify the nutritional content of foods.
- 5) Evaluate their current diet to determine appropriate nutritional content to meet personal needs/goals.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of cardiovascular exercise and fitness as well as nutritionally balanced foods.
- 2) Cardiovascular fitness tests that measure students' ability to complete a 3-minute step test, one mile walk and/or 1.5 mile run.
- 3) Daily food log assignment in which students record their daily personal diets and compare their nutritional intake to daily recommended allowances.

Special Materials Required of Student

Gym clothes, towel, shoes

Minimum Instructional Facilities

- 1) Kinesiology Lab
- 2) Assessment Center
- 3) Nutrition Computer Lab

Method of Instruction

- 1) Lecture and demonstration
- 2) Assigned reading
- 3) Practice
- 4) Physical performance testing
- 5) Individual consultation
- 6) Interactive computer learning

Out-of-Class Assignments

- 1) Assigned reading
- 2) Online quizzes
- 3) Diet analysis
- 4) Fitness log

Texts and References

- 1) Required (representative example): Instructor materials
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Describe methods of monitoring cardiovascular, strength, and nutritional status.
- 2) Identify specific nutritional analysis programs available on the web.