

# PHDA 23: MODIFIED AEROBIC EXERCISE

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 64 or PHDA 64.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Student will be able to identify three of the primary fitness components.
- Student will be able to identify and discuss how this class has contributed to improving their health and well being.

## Description

Aerobic exercise, individually modified, to increase cardiovascular and muscular endurance. Combination of aerobic exercise through the use of various cardiovascular machines or use of the track.

## Course Objectives

The student will be able to:

- Participate in various aerobic exercise routines
- Demonstrate knowledge of various cardiovascular exercise machines
- Understand the use of heart rate monitors and/or perceived exertion charts

## Course Content

- Participate in various exercise routines
  - Continuous exercise
  - Interval exercise
  - High/low intensity exercise
- Demonstrate knowledge of various cardiovascular exercise machines
  - Treadmills
  - Ellipticals
  - Stationary and recumbent bikes
  - Nu-step
  - Track walking and/or running
- Understand the use of heart rate monitors and/or perceived exertion charts

- Calculate target heart rate using the Karvonen formula
- Effect medication has on exercise heart rate

## Lab Content

During the periods of instruction the student will be:

- Demonstrating their skill in class by performing each exercise with awareness and increased understanding of their fitness goals
- Developing a fitness plan

## Special Facilities and/or Equipment

- Gymnasium with cardiovascular exercise equipment.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access, as well as a physical space in which to safely participate in exercises.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Pre- and post-fitness tests  
Measurable progress on SEC

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Instructor demonstration and interaction  
Discussion  
Cooperative learning exercise

## Representative Text(s) and Other Materials

Handouts provided by instructor, as needed.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Optional reading and writing assignments as recommended by instructor

## Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services