



# SEATTLE COLLEGES

Central · North · South · SVI

## PEC110 - Cardio-Fitness

Document Type: Master Course Outline  
Proposal Type: Revision  
Requester(s): JC Clapp John Delapena  
College: South  
Origination Approved: 05/02/2016 - 8:07 AM

### BASIC INFORMATION

**Requester(s):** JC Clapp  
John Delapena

**College:** South Seattle College

**Division/Dept:** Academic Programs

**Dean:** JC Clapp

**Peer Reviewer(s):** Trish Root

### COURSE INFORMATION

**Proposed Course Number:**

Prefix: **PEC**                      Number: **110**

- Request a new Prefix
- This will be a common course

**Full Title:** Cardio-Fitness

**Abbreviated Title:** Cardio-Fitness

**Catalog Course Description:**

Improve cardio respiratory fitness through rhythmic, dynamic, large-muscle exercise performed to music. Includes information relevant to current fitness-related issues, trends and topics.

**Course Length:** 11 Weeks                       Request an Exception

**Topical Outline:**

- I. Introduction and requirements
- II. Definition and benefits of cardiovascular fitness
- III. Risk and injury prevention
- IV. Components of aerobic physical exercise
- V. Supervised aerobic exercise routines

### COURSE CODING

**Funding Source:** 1.....State

**Institutional Intent:** 11.....Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:  
(No Distribution Areas Selected)

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**Will this course transfer to a 4-year university?** **No**

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**Is this course designed for Limited English Proficiency?** **No**

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**Is this course designed for Academic Disadvantaged?** **No**

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**Does this course have a Workplace Training component?** **No**

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**CIP Code:** 31.0590  Request Specific CIP Code

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**Credits:**

**Will this course be offered as Variable Credit?** No  
**No**

**List Course Contact Hours**

Lecture (11 Contact Hours : 1 Credit)	11
Lab (22 Contact Hours : 1 Credit)	22
Clinical Work (33 Contact Hours : 1 Credit)	0
Other (55 Contact Hours : 1 Credit)	0
Total Contact Hours	33
Total Credits	2

**This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.**

Faculty involved in originating this program:

JC Clapp  
Print Name

JC Clapp  
Signature

4/26/2016  
Date

John Delapena  
Print Name

John Delapena  
Signature

4/26/2016  
Date

Dean:

JC Clapp  
Print Name

JC Clapp  
Signature

4/8/2016  
Date

**Results of SSCC Curriculum Coordinating Council Findings**

**Participating Faculty Response and Remarks**

- Recommended for approval
- Not recommended for approval

Chairman, Curriculum Coordinating Council:

Mary Beans  
Print Name

Mary Beans  
Signature

5/1/2016  
Date

Vice President for Instruction:

Peter Lortz  
Print Name

Peter Lortz  
Signature

5/2/2016  
Date