

ARIZONA WESTERN COLLEGE  
SYLLABUS

EXS 218 INSTRUCTIONAL COMPETENCY: CARDIORESPIRATORY EXERCISES AND  
ACTIVITIES

Credit Hours: 2 Lec 1 Lab 2

PREREQUISITE: EXW 101

COURSE DESCRIPTION

Fundamental methods of instructing and leading fitness activities including cardiorespiratory exercises and activities. Core competencies identified by professional certification agencies.

1. COURSE GOAL

Leading fitness activities within the cardiorespiratory component of fitness.

2. OUTCOMES

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

- 2.1 state the principles and procedures for properly screening and classifying participants prior to exercise participation, based upon American College of Sports Medicine (ACSM) guidelines and recommendations. This will include health and medical history questionnaires, informed consent, and ACSM classification guidelines.
- 2.2 list the anatomical characteristics of the cardio respiratory system.
- 2.3 identify acute and chronic physiological responses to cardiorespiratory training and overtraining, and physiological consequences of detraining.
- 2.4 state the basic physiology, benefits, and specific exercises composing a proper warm-up and cool-down relative to cardiorespiratory exercise.
- 2.5 demonstrate appropriate cardiorespiratory exercise intensity for healthy adults of varying ages and physical abilities using HRR, RPE, MHR, and METs. Accurately find and monitor resting and exercise pulse rates on self and others
- 2.6 summarizing the immediate and long term physiological adjustments to performing cardiorespiratory exercises in different environments (e.g high altitude, cold, hot weather)
- 2.7 describe and instruct the proper technique for variety of generally safe and effective individual cardiorespiratory exercises using cardiovascular equipment (e.g treadmill, stair climber, stationary cycle, elliptical trainer, rowing machine)
- 2.8 list the most recent ACSM recommendations for the quantity and quality of exercise that develop cardiorespiratory fitness in healthy adults and be able to apply these recommendations to an exercise program.
- 2.9 create a safe and effective individual cardiorespiratory exercise program for individual of varying physical abilities and needs.
- 2.10 develop and instruct a safe, effective, and enjoyable cardiorespiratory group exercise session that incorporates modifications for those with different physical abilities using a variety of group exercise equipment

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Presentations
- 3.3 Discussions

4. LEARNING ACTIVITIES

- 4.1 Discussions
- 4.2 Presentations
- 4.3 Demonstrations

5. EVALUATION

- 5.1 Quizzes/Exams
- 5.2 Assignments
- 5.3 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.
- 6.6 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.  
For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
  - Submitting an academic assignment

- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course