

Clarendon College PHED 1124
Cardiovascular Fitness
CLARENDON COLLEGE
Division of Science & Health
Course Name: PHED 1124
Credit Hours: 1
Semester: Spring Mini 2019
Instructor: Melvin L. Balogh – Head Volleyball
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PHED 1124- Cardiovascular Fitness Outline

This course is self-paced and all assignments must be submitted by **May 28th 2019 @ 11:55pm** Please contact me by email or Moodle message if you have any questions.

Attendance is mandatory in all online courses. Specific activities will be identified that must be completed in order for students to be considered “in attendance.” Students are also expected to log into their online course(s) at least twice a week. With a Mini session I would encourage daily activity. You must complete weekly activities to be counted “in attendance.”

Below is a list of all assignments that you **MUST** complete in order to receive full credit for this class: Activities with due dates will be used to determine your weekly attendance in the course.

- Hello and Welcome
- Introduce Yourself to the Class - **Attendance – Due by May 21st**
- Rockport walk Test Cardiovascular Fitness Results 1
- What is Cardiovascular Fitness
- How is the Course Going? - **Attendance – Due by May 23rd**
- Walk/Jog Physical Activity Journal Entry 1st Submission
- Types of Cardiovascular Activity
- Walk/Jog Physical Activity Journal Entry 2nd Submission –
- How is the Course Going 2 - **Attendance – Due by May 25th**
- Tell me About the 30 Minute Workout Part 1
- Rockport walk Test Cardiovascular Fitness Results 2
- Which is Better, Weight or cardio?
- Tell me About Your 30 Minute Workout PRT 2
- Rockport walk Test Cardiovascular Fitness Results 3
- Walk/Jog Physical Activity Journal Entry 3rd Submission
- Benefits of Cardio
- Tell me About the 30 Minute workout Prt 3
- Rockport walk Test Cardiovascular Fitness Results 4
- Walk/Jog Physical Activity Journal Entry 4th Submission - **Attendance – Due by May 28th**