

NC 711: CARDIO & STRENGTH TRAINING FOR OLDER ADULTS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	0
Total Contact Hours:	36
Lab Hours:	36
Hours Arranged:	0
Outside of Class Hours:	0
Total Student Learning Hours:	36
Transferable to CSU:	No
Transferable to UC:	No
Grading Method:	Non-Credit Course

Catalog Course Description

This training course is specifically designed for the active older adult (55+). Fitness training will teach exercises designed to improve or maintain flexibility, strength, endurance, and cardiovascular and respiratory functions. Emphasis will be placed on motor movements, eye-hand coordination, body space awareness, balance training, reaction time, joint protection, and relaxation techniques. 36 lab hours.

Course Objectives

- Improve or maintain muscular strength and muscular endurance.
- Improve or maintain cardiovascular fitness.
- Improve or maintain flexibility.
- Improve or maintain balance.
- Improve or maintain coordination, including motor movements, eye-hand coordination, and body space awareness.
- Improve or maintain reaction time.

Major Course Content

All Lab Content

Lab Content

1. Assessments
 - a. Balance
 - b. Coordination
 - c. Physical Fitness
 - i. Cardiovascular health
 - ii. Muscular strength
 - iii. Muscular endurance
 - d. Flexibility
2. Physical Activities
 - a. Muscular strength
 - i. Hand Weights
 - ii. Wall Pulleys
 - iii. Weight Machines
 - iv. Resistance Bands
 - b. Muscular endurance

- i. Hand Weights
- ii. Wall Pulleys
- iii. Weight Machines
- iv. Resistance Bands
- c. Cardiovascular fitness
 - i. Stationary Bicycles
 - ii. Treadmills
 - iii. Elliptical Trainers
 - iv. Arm Ergometers
- d. Flexibility
 - i. Passive Range of Motion Exercises
 - ii. Active Range of Motion Exercises
 - iii. Assisted Range of Motion exercises using bands or towels
- e. Coordination
 - i. Hand-eye coordination
 1. Picking up objects
 - ii. Spatial awareness
 1. Obstacle course
 - iii. Reaction time
 1. Catch and throwing balls
- f. Balance training
 - i. Balance board

Examples of Required Writing Assignments

Journal physical activity

Examples of Outside Assignments

Home exercise programs

Instruction Type(s)

Lab