

Fall 2020

EHEA 500 - CARDIOVASCULAR HEALTH FOR OLDER ADULTS (EI)

UNITS: 0

Through a cardiovascular lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies.

Full Term: 8/17/2020 to 12/16/2020

TICKET	SEAT COUNT	DAY	TIME	LOCATION	INSTRUCTOR
80965	Open Seats: 52	TBA		EL-Internet (Off Campus)	E. Chavez
OPEN					

The above class will emphasize **AEROBICS**. This class is fully online. Students will be required to complete online instructional content via Canvas and there are no required live online or on campus meetings. **Optional live online meetings may be available at: MWF/9:00am**. To learn more about online classes, visit: www.saddleback.edu/oe. Watch this video for help to reset your password and/or to access Canvas and ConferZoom: <https://bit.ly/emeritus-canvas>. **ZERO TEXTBOOK COST** There is no cost for textbooks for this class.

EHEA 501 - CARDIOVASCULAR WELLNESS FOR OLDER ADULTS (EI)

UNITS: 0

Through a cardiovascular lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies.

Full Term: 8/17/2020 to 12/16/2020

TICKET	SEAT COUNT	DAY	TIME	LOCATION	INSTRUCTOR
80970	Open Seats: 68	TBA		EL-Internet (Off Campus)	E. Chavez
OPEN					

The above class will emphasize **AEROBICS**. This class is fully online. Students will be required to complete online instructional content via Canvas and there are no required live online or on campus meetings. **Optional live online meetings may be available at: Tuesdays, Thursdays/10:00am**. To learn more about online classes, visit: www.saddleback.edu/oe. Watch this video for help to reset your password and/or to access Canvas and ConferZoom: <https://bit.ly/emeritus-canvas>. **ZERO TEXTBOOK COST** There is no cost for textbooks for this class.