

Course discipline/number/title: PHED 1105: Lifetime Fitness

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 4
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course provides current information encompassing areas such as cardiovascular efficiency, muscle strength and endurance, flexibility, and weight and stress management, all which contribute to the beneficial effects of living a healthier life. This course includes lecture material supported by laboratory assessments to assist individuals in evaluating their current level of health, wellness and physical fitness. By performing these assessments individuals are made aware of conditions and lifestyle choices that they may wish to modify for optimal health and fitness.

C. DATE LAST REVISED (Month, year): March, 2020

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Health and Skill Related Components of Fitness
2. Assessment and Development of Health and Skill Related Components of Fitness
3. The Importance of Engaging in Regular Fitness Activity
4. Health Risk Factors and Prevention
5. Goal Setting and Behavior Modification
6. Nutrition, Diet and Weight Management
7. Fitness Injury Prevention and Injury Treatment
8. Stress Management Techniques

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Explain the health and skill related components of fitness and their place in individualized fitness planning.
2. Explain the body's systems and the beneficial interrelationship of engaging in regular fitness activities.
3. Discuss the various risk factors associated with chronic diseases and how engaging in regular fitness activities can prevent many conditions.
4. Explain the relationship of heart rate, stroke volume, cardiac output, and Max VO₂ as it relates to aerobic fitness.
5. Explain anaerobic fitness and describe a variety of formats to achieve muscle strength and endurance.
6. Properly illustrate the correct technique for utilizing free weights or resistance equipment for anaerobic training.
7. Perform field tests for assessment of muscle strength, muscle endurance, flexibility, cardiovascular endurance and body composition.
8. Explain the proper approach to weight loss and management through proper nutrition, caloric monitoring and exercise expenditures.
9. Explain the principles of nutrition, develop meal plans and explain strategies for successful nutritional behavior modification.
10. Identify a variety of chronic and acute injuries and describe their treatment.
11. Self-assess and identify stressors and develop a plan to cope with stress.
12. Identify myths surrounding the world of fitness equipment, nutrition, supplements, and diet programs.
13. Develop an individualized fitness plan.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Daily Assignments
2. Quizzes
3. Labs
4. Personal Fitness Program

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
Continued. . .
5. Exams
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s):
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None