

Course discipline/number/title: PHED 1127: Body Toning

- A. CATALOG DESCRIPTION
1. Credits: 1
 2. Hours/Week: 2
 3. Prerequisites (Course discipline/number): None
 4. Other requirements:
 5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course is an exercise-based participation class designed to increase muscle strength, endurance, tone and flexibility, using a variety of progressive resistance techniques. Other aspects discussed include the five health related components of fitness including muscle strength, muscle endurance, flexibility, body composition, flexibility and cardiovascular efficiency. Basic nutrition concepts are explored as they relate to body composition, daily intake and proper nutrition for both healthy living and fitness performance.
- C. DATE LAST REVISED (Month, year): December, 2021
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Five Components of Fitness
 2. Basic Anatomy of Skeletal Muscles
 3. Proper warm up and cool down techniques
 4. Proper stretching techniques
 5. Correct form for exercise routines
 6. Common Injuries
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Explain the five components of fitness.
 2. Identify the major muscle groups.
 3. Demonstrate proper exercise techniques.
 4. Increase muscle tone, strength and flexibility.
 5. Explain the importance of proper warm up and cool down.
 6. Identify and demonstrate methods for assessing muscle strength and endurance.
 7. Describe specific methods for improving muscular strength.
 8. Analyze labels for nutrient information in making healthy choices for daily living and exercise performance.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Participation
 2. Assignments
 3. Pre/Post fitness testing
 4. Written exam
- 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