

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1130

NUMBER OF CREDITS: 1

Lecture: 1 Lab: 0 OJT: 0

Course Title:

Physical Fitness for Life

Catalog Description:

Physical Fitness for Life emphasizes aspects of physical fitness for the student wishing to learn methods and tests of physical fitness. Cardiovascular and respiratory fitness, as well as muscular strength and endurance will be emphasized. The course is self-paced.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered

Body systems and how they relate to aerobic conditioning.

Developing a personal workout program and time line objectives.

Problem solving.

Nutrition

Long- and short-term goal setting.

Student Learning Outcomes

Develop a self-paced aerobic activity program.

Describe and explain physical fitness goals as they pertain to fitness.
Demonstrate proper spotting techniques for all lifts and exercises.
Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
Describe and explain body systems and how they relate to cardiovascular and respiratory conditioning.
Describe the proper safety procedures as they relate to all physical activity.
Explain how to select and modify weight training and fitness activities to allow participation by children, the elderly, and those with special needs.

Is this course part of a transfer pathway: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
*If yes, please list the competencies below

Revised Date: 12/11/2020