DEPT.  Physical Education          COURSE NUMBER:  PHED 1130

NUMBER OF CREDITS:  1   Lecture:  1   Lab:  0

<table>
<thead>
<tr>
<th>Course Title:</th>
<th>Physical Fitness for Life</th>
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<th>Catalog Description:</th>
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<td>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.</td>
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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:

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<tr>
<th>Prerequisites or Necessary Entry Skills/Knowledge:</th>
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<td>None</td>
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### Topics to be Covered (General)

- 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

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

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**Is this course part of a transfer pathway:** Yes ☐ No ☒

*If yes, please list the competencies below*

Revised Date: 12/11/2020