DEPT. Physical Education COURSE NO. 1130

NUMBER OF CREDITS: 1

COURSE TITLE: Physical Fitness for Life

CATALOG DESCRIPTION: 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.

AUDIENCE: 1-2/internet o’clock

FULFILLS MN TRANSFER CURRICULUM AREA (S) (Leave blank if not applicable)
Area N/A : by meeting the following competencies:
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PREREQUISITES OR NECESSARY ENTRY SKILLS / KNOWLEDGE: N/A

LENGTH OF COURSE

THIS COURSE IS UNUALY OFFERED:
Every other year     Fall X     Spring X     Summer     Undetermined

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT:
   This course is to teach students about the body systems and how they relate to aerobic conditioning in a safe program. Life-time nutrition requirement will be discussed. Students should learn how to perform different aerobic activities correctly and are expected to perform chosen activities during a weekly program.

2) THINKING SKILLS:
   The students will develop a self-paced aerobic activity program. The program will include long and short-term goals, aerobic activities, time line objectives, and personal nutritional goals. Students will read and report on journal articles that relate to fitness programs.

3) COMMUNICATIONS SKILLS:
   Students will journal all the experiences and do monthly progress reports.

4) HUMAN DIVERSITY:
Student programs are to be designed into their normal daily lives and scheduled around work/school. Programs are to be designed according to real world work situation. Students at the completion of course should be able to develop a personal safe fitness program.

TOPICS TO BE COVERED:
Weight training; anaerobic activities; goal setting; problem solving; time management; and Nutrition

LEARNING/ TEACHING TECHNIQUES used in the course are:
___ X  Collaborative Learning       X  Problem Solving
___ ___ Student Presentations      X  Interactive Lectures
___ X  Creative Projects          X  Individual Coaching
___ X  Project Critiques          ___ Films/ Videos
___ X  Lecture                   X  Labs/ Activity performance
___ ___ Demonstrations           X  Other: Journaling

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUCE:
___ X  Reading                    ___ ___ Oral Presentations
___ ___ Tests                    ___ ___ Textbook problems
___ ___ Individual Projects      ___ ___ Group Problems
___ ___ Collaborative Projects   ___ ___ Other: Journaling
___ ___ Collaborative Projects   ___ ___ Term Paper
 ___ ___ Individual Projects     ___ ___ Art Portfolio
 ___ ___ Other: Journaling

Calendar of Assignments, Exams, due dates, etc.: Calendar will be determined according to semester schedule

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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