

**Course Outline for:** EXSC 1128 Team Sports and Exercise**A. Course Description:**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Through group activities, participants learn about various fitness components and wellness concepts. Students explore lifestyle choices that address multi-dimensional factors of wellness. Participation is required in a wide variety of team sports to enhance students' leadership capabilities and physical activity levels.

**B. Date last reviewed/updated:** May 2025**C. Outline of Major Content Areas:**

1. Team sports
2. Dimensions of wellness
3. Muscular strength and flexibility
4. Cardiovascular fitness and monitoring intensity
5. Strategies for stress management
6. Healthy behaviors

**D. Course Learning Outcomes:**

Upon successful completion of the course, the student will be able to:

1. Explain these components of fitness: cardiovascular, strength and flexibility.
2. Apply proper warm-up and cool-down activities.
3. Explain training principles to enhance performance in sports and activities.
4. Identify major muscle groups used during sports and activities.
5. Describe appropriate stretching techniques for various muscles.
6. Use ACSM guidelines for determining target heart rate training zones and monitoring exercise intensity during daily exercise.

**E. Methods for Assessing Student Learning:**

Methods for assessment may include, but are not limited to, the following:

1. Class participation, effort, and sport performance
2. Class presentations
3. Exams
4. On-line module assignments

**F. Special Information**

None