

**Course Outline for: EXSC 1129 Fitness for Life 1****A. Course Description**

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

A balanced exercise program that involves cardiovascular, strength, and flexibility components is necessary for a lifetime of health and fitness. Personalized fitness progress in this class is based on pre- and post-fitness testing. The topics of healthy lifestyle choices, nutrition, and weight management are introduced to complement a lifetime of individualized physical activity. This course is appropriate for all ages and fitness levels.

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

1. Components of Fitness: Cardiovascular, Strength, Flexibility
2. American College of Sports Medicine exercise guidelines
3. Heart Rate and Training Zone
4. Weight Management Theories
5. Nutritional Analysis, Essential Nutrients, Eating Patterns
6. Role of Exercise and Nutrition in a Healthy Lifestyle
7. Exercise Selection and Equipment Use
8. Warmup and Cool Down

**D. Course Learning Outcomes:**

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

1. Demonstrate the fundamentals of strength training.
2. Integrate techniques and safety standards into a personal strength training program.
3. Exercise following the American College of Sports Medicine exercise guidelines.
4. Apply the fundamental knowledge of benefits, adaptations, and principles to resistance training programs.
5. Identify appropriate muscles, movements, and joint actions executed through various exercises.
6. Describe the dimensions of wellness.
7. Explain how each specific dimension of wellness plays a valuable role in wellbeing.
8. Identify the fitness components.
9. Explain how each fitness component plays an integral role in physical fitness.

10. Apply training variables to a personal fitness plan.
11. Discuss the behavior change process as it relates to personal wellness.
12. Explain how food choices affect overall health.
13. Calculate energy requirements for personal nutrition.
14. Discuss the relationship between stress and personal wellness.
15. Examine the role fitness and wellness play on overall health and its implications on disease risk and prevention.

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

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

1. Fitness assessment tests.
2. Written quizzes and/or examinations.
3. Written assignments.
4. Exercise workouts.

**F. Special Information:**

None