

Course Outline for: EXSC 1130 Fitness Walking/Jogging**A. Course Description:**

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

Walking and jogging are lifestyle activities that people can do throughout their lives. Students learn how to implement healthy lifestyle choices using proven fitness concepts. They develop an individualized fitness walking/jogging program to strengthen the cardiovascular system, improve muscular strength, and enhance flexibility.

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

1. Instruction and practical experience in fitness walking technique
2. Cardiovascular conditioning, coupled with methods of strength training, flexibility and basic nutrition
3. Implementation of lifestyle changes
4. Fitness walking/jogging logbooks
5. Fitness walking practice inside and outside of class

D. Course Learning Outcomes:

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

1. Use the American College of Sports Medicine guidelines for pulse check and target training zone.
2. Demonstrate fitness walking techniques.
3. Identify major muscle groups used for exercise.
4. Implement warm-up and cool down techniques properly.

E. Methods for Assessing Student Learning:

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

1. Daily attendance and participation
2. Pre and post fitness assessments
3. Written fitness journals
4. Written exam to assess exercise training knowledge

F. Special Information:

None