

**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

This course involves cardiovascular and strength enhancement through participation in a personalized exercise program. Selected strength training and cardiovascular equipment will be used. Assessment of current level of fitness helps students evaluate present status and set goals. Post fitness testing shows improvement and areas needing continued emphasis. Proper nutrition, weight management, healthy lifestyle information is presented. Appropriate for all ages and fitness levels.

**B. Date last reviewed/updated:** February 2023**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 safety standards, fundamentals, techniques and strategies of strength training, and integrate them into a personal program.
2. Exercise following the American College of Sports Medicine exercise guidelines.
3. Apply the fundamental knowledge of benefits, adaptations and principles to resistance training programs.
4. Identify appropriate muscles, movements, and joint actions executed through various exercises.
5. Describe the dimensions of wellness, explain how each specific dimension plays a valuable role in wellbeing.
6. Identify the fitness components and explain how each component plays an integral role in physical fitness.
7. Identify and apply the training variables to a personal fitness plan.
8. Discuss the behavior change process as it related to personal wellness.

9. Explain how food choices affect overall health and calculate energy requirements for personal nutrition.
10. Discuss the relationship between stress and personal wellness.
11. Examine the role fitness and wellness play on overall health and the 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 and nutritional analysis.
2. Written examinations will be given to measure students' understanding of factual material.
3. Written assignments to measure students' understanding of textbook material.
4. Exercise workouts completed weekly.

**F. Special Information:**

None