

Common Course Outline for: EXSC 1128 Team Sports and Exercise

A. Course Description

1. Number of credits: 3
2. Lecture hours per week: 3
Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals None

This course covers several team sports and applies several fitness components to the sports. Additionally, the course examines the philosophy and concepts of wellness. Students will explore lifestyle choices and determines a healthy balance for their individual situation which address the multi-dimensional factors of wellness. Students will set goals and learn appropriate physical activities and exercise.

B. Date last revised: January 2019

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. Nutrition and weight management
7. Healthy behaviors.

D. Course Learning Outcomes

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

1. Define and explain the components of fitness: cardiovascular, strength and flexibility
2. Apply proper warm up and cool-down activities.
3. Apply training principles while performing sports and activities
4. Identify major muscle groups utilized during sports and activities.
5. Describe appropriate stretching techniques for various muscles.
6. Utilize ACSM guidelines for determining target heart rate training zones and monitoring exercise intensity during daily exercise.

E. Methods for Assessing Student Learning

Students will be subjectively evaluated with regard to their class participation, effort and exercise performance. Attendance, nutritional analysis, class presentations, exams, and on-line modules are mandatory.

F. Special Information None