

Common Course Outline for: *EXSC 1129 Fitness for Life I*

A. Course Description

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

This course involves cardiovascular and strength enhancement through participation in an aerobic super circuit 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 revised: January 2019

C. Outline of Major Content Areas

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

D. Course Learning Outcomes

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

1. Define and explain the components of fitness: cardiovascular, strength, and flexibility.
2. Exercise following the American College of Sports Medicine exercise guidelines.
3. Assess their fitness level through body composition testing and fitness assessment tests.
4. Monitor their heart rates during workouts to remain within their training zone.
5. Explain weight management theories, food labels, and the Food Pyramid.
6. Complete a Nutritional Analysis and evaluate their eating patterns.
7. Perform exercise workouts with proper warm up and cool down activities.

E. Methods for Assessing Student Learning

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