
SECTION HEADING

PHED 1130: Physical Fitness for Life

Description

Physical Fitness for Life emphasizes aspects of physical fitness for the student wishing to learn methods and tests of physical fitness. Cardiovascular and respiratory fitness, as well as muscular strength and endurance will be emphasized. The course is self- paced.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Body systems and how they relate to aerobic conditioning.
2. Developing a personal workout program and time line objectives.
3. Problem solving.
4. Nutrition
5. Long- and short-term goal setting.

Learning Outcomes

1. Develop a self- paced aerobic activity program.
2. Describe and explain physical fitness goals as they pertain to fitness.
3. Demonstrate proper spotting techniques for all lifts and exercises.
4. Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
5. Describe and explain body systems and how they relate to cardiovascular and respiratory conditioning.
6. Describe the proper safety procedures as they relate to all physical activity.
7. Explain how to select and modify weight training and fitness activities to allow participation by children, the elderly, and those with special needs.

Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None