

Common Course Outline for: EXSC 1000 Aspects of Fitness**A. Course Description**

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

This course provides students the fundamental components and concepts of physical fitness and health. Students will also learn strategies to help them begin, design, and maintain an exercise program to keep them fit for life. This is not an activity course.

B. Date last revised: January 2019

C. Outline of Major Content Areas

- A. Components of Fitness: Cardiovascular, Strength, Flexibility
- B. Body Composition and Assessment
- C. American College of Sports Medicine Exercise Guidelines
- D. Heart Rate and Training Zone
- E. Weight Management Theories
- F. New Food Label and Food Pyramid
- G. Nutritional Analysis, Essential Nutrients, Eating Patterns
- H. Role of Exercise and Nutrition in a Healthy Lifestyle
- I. Exercise Selection and Equipment Use

D. Course Learning Outcomes

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

- A. Define and differentiate between physical fitness, health, and wellness.
- B. Describe the benefits of being physically fit.
- C. Identify the key components of a complete fitness program.
- D. Explain guidelines for safely beginning and progressing in an aerobic fitness program.
- E. Design a personalized strength-development program using weights that applies sound training principles and meets your fitness objectives
- F. Identify the factors that directly or indirectly affect muscular strength and endurance.
- G. Evaluate and determine your ideal weight and percentage of body fat.
- H. Discuss the functions of the six categories of nutrients in the diet.
- I. Identify your fitness goals and identify the principles to follow in order to reach a high level of fitness.

E. Methods for Assessing Student Learning

- A. Examinations
- B. Lab assignments related to reading material
- C. On-line discussions and feedback

F. Special Information None