

**Common Course Outline for: EXSC 1130 Fitness Walking**

**A. Course Description**

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

*Students will learn how to implement healthy lifestyle choices using fitness and nutritional concepts. Course includes an emphasis on a fitness walking program to strengthen cardiovascular system, improve muscular strength and flexibility. A lifetime fitness activity.*

**B. Date last revised:** January 2019

**C. Outline of Major Content Areas**

1. Instruction and practical experience in fitness walking technique.
2. Cardiovascular conditioning, coupled with methods of strength training, flexibility and basic nutrition.
3. Implementation of lifestyle changes.
4. Video analysis, fitness logging, diet analysis, and nutritional evaluation.
5. Fitness walking practice inside and outside of class.

**D. Course Learning Outcomes**

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

1. Apply and practice American College of Sports Medicine guidelines by utilizing pulse check and target training zone.
2. Interpret the Food Pyramid, new food labeling, and identify essential nutrients.
3. Explain weight management theories.
4. Record food intake in a Food Log.
5. Demonstrate correct stretching and fitness walking techniques.
6. Identify major muscle groups used for exercise.
7. Warm-up and cool down properly.
8. Develop and learn to adhere to personal wellness plans and healthy lifestyles.
9. Compare and contrast fitness walking techniques.
10. Compare and contrast stretching and strength training exercises.
11. Revise eating habits based upon nutritional analysis.

**E. Methods for Assessing Student Learning**

At the discretion of the Instructor, students will be assessed on daily attendance and participation, performance of pre and post fitness assessments, written fitness journals, nutrition analysis, and a written exam to assess exercise training knowledge.

**F. Special Information** None