A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

An examination of the effects of exercise on the systems of the body as they relate to health and performance. Nutritional concepts of weight control, ergogenic aids and fluid replacement will be discussed. Techniques for developing, prescribing, and assessing fitness components will be present.

B. COURSE EFFECTIVE DATES: 11/19/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Nutritional concepts of weight control
2. Ergogenic aids
3. Fluid replacement
4. Techniques for developing, prescribing, and assessing fitness components

D. LEARNING OUTCOMES (General)

1. Understand exercise physiology
2. Understand the Federal Guidelines for physical activity.
3. Assess and evaluate body composition and body mass index.
4. Understand nutritional needs for active and sedentary populations including calories and nutrient needs.
5. Understand the key features needed for weight management and prevention of obesity.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted