Bemidji State University

PHED 1890: Lifetime Fitness

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This personal fitness class allows students to develop their own aerobic and possibly strengthening program. Students receive instruction in the development of fitness and the use of equipment; but the focus will be active participation in walking, jogging, rowing, stepping and/or biking. Students focus on their regular participation in physical activity as outlined in their personal fitness plan. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 03/14/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to wellness, Lifestyle Management Goal Setting (SMART Principle); Fitness Goals Pre-Fitness Testing; Aerobic and Anaerobic Exercises
2. Principles of Fitness; FITT Principle
3. Cardiorespiratory Endurance
4. Muscular Strength & Endurance
5. Flexibility and Lower Back Health
6. Body Composition
7. Complete Fitness Programming/Personal Programming
8. Nutrition
9. Weight Management
10. Stress Management & Sleep
11. Cardiovascular Health & Diabetes
12. Weight Training Guidelines/Programs
13. Physical Activity and Nutrition Logs (Journaling and Apps/technology)
14. National Physical Activity Guidelines
D. LEARNING OUTCOMES (General)

1. analyze their personal level of fitness for each health-related component of fitness.
2. set fitness & activity goals based on their current fitness level & national health organization and/or professional organizations such as ACSM guidelines and recommendations.
3. critically analyze information available on a specific unique piece of fitness equipment and present their findings in written and oral form presentation to the class.
4. create and implement a personal fitness plan based on fitness & activity goals that includes minimum standards for regular aerobic activity as outlined by national physical activity guidelines and leading health organizations such as ACSM. Fitness plan should demonstrate elements of the FITT principle: Frequency, Intensity, Time, and Type.
5. participate cooperatively and creatively in group athletic (lifetime physical) activity or artistic performance to enhance their fitness.
6. maintain a detailed written log (Daily Fitness & Nutrition Journal) with selected lab information and a record of their regular physical activity. Fitness logs should include examples of nutrition, cardio, strength, and flexibility goals. Written goals will be demonstrated using the SMART principle.
7. analyze their current level of physical activity and compare it to national physical activity guidelines and recommendations.
8. demonstrate knowledge and experience the benefits of lifetime skill/physical activity to maintaining one’s health.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted