PHED 5607: Teaching Fitness

A. COURSE DESCRIPTION

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

Methods of teaching and the practice in the development of physical fitness. Development of the health related fitness components of strength, cardiovascular endurance, muscular endurance and flexibility with activities such as cross country skiing, exercise walking, orienteering, cycling, yoga and weight training are emphasized.

B. COURSE EFFECTIVE DATES: 08/02/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted