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