

North Hennepin Community College

EXSC 1010: Physical Fitness

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 4

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to provide cardiovascular and strength enhancement through participation in an aerobic super circuit program. Selected strength training and cardiovascular equipment will be utilized as well as personalized heart rate zones and monitoring. A pre-assessment of ones current level of fitness will aid in the ability to set goals, and a post-assessment will determine improvement/s, as well as areas needing continued emphasis. Healthy lifestyle information will also be presented in order to make fitness and wellness a lifelong goal. This course can be repeated for credit.

B. COURSE EFFECTIVE DATES: 05/07/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. This course includes, but is not limited to the theory and practice of total body conditioning through the utilization of the super circuit and cardiovascular conditioning.

D. LEARNING OUTCOMES (General)

1. Describe the five main fitness components, recognize how each specific component plays a valuable role in ones physical fitness, and execute each component via weekly workouts throughout the semester.
NHCC ELOs: 1,2,3
2. Examine the role physical fitness plays on one's overall health, and the importance of lifelong wellness. NHCC ELOs: 1,3
3. Formulate a personal fitness S.M.A.R.T. goal/s, and execute it via weekly workouts throughout the semester. NHCC ELOs: 1,2,3
4. Evaluate one's own physical fitness level via pre and post test fitness evaluations.
NHCC ELOs: 1,2
5. Comprehend the importance of heart rate training, and how it can aid in advancing ones overall fitness.
NHCC ELOs: 1,3

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning - Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.