

North Hennepin Community College

EXSC 1860: Total Body Strengthening

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This class is a total body strengthening workout. It challenges all of your major muscle groups by using handheld weights. You will perform exercises that target all of your major muscle groups: squats, presses, lifts and curls. This course is in a group exercise format where music is used to motivate and push you to a high level of intensity. High intensity interval training will be used which increases body fat utilization for energy.

B. COURSE EFFECTIVE DATES: 08/24/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Energy Systems, Nutrition and Anaerobic Metabolism, zone training
2. Tabata and H.I.I.T (high intensity interval training)
3. Anatomy and biomechanics of exercises
4. Intrinsic and extrinsic motivation
5. Body composition
6. Learn to appreciate how strength training improves overall health

D. LEARNING OUTCOMES (General)

1. The student will comprehend proper lifting technique (MnTC G2; NHCC ELO_is 1, 2 & 3)
2. The student will gain an understanding of muscles used in class. (MnTC G2; NHCC ELO_is 1 & 2.)
3. The students will monitor their intensity during class using the Overload principle. (MnTC G2; NHCC ELO_is 1,2,&3)
4. The student will display correct technique of lifting weights. (MnTC G2, and NHCC ELO 1 & 2.)
5. The student will acquire an understanding of how heart rate and overload principle benefit their fitness level. (MnTC G2; NHCC ELO_is 1 & 2.)
6. The student will acquire an understanding of how forms of intrinsic and extrinsic motivation can enhance their workouts. (MnTC G2; NHCC ELO_is 1 & 2.)

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.