

# North Hennepin Community College

## EXSC 1020: Adult Fitness

### A. COURSE DESCRIPTION

Credits: 1,2

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to explore the five main components of fitness, what it takes to set and work towards an achievable, personal fitness goal/s, and will utilize various fitness and wellness applications and the internet to record fitness endeavors/workouts.

### B. COURSE EFFECTIVE DATES: 10/30/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1.

This course could include, but is not limited to: development and maintenance of various fitness components, goal setting, fitness testing, importance of lifelong activity/wellness, and use of technology in fitness endeavors.

### D. LEARNING OUTCOMES (General)

1. Describe the five main fitness components, recognize how each specific component plays a valuable role in one's physical fitness, and execute each component via weekly workouts throughout the semester. ELOs: 1,2,3
2. Apply various technological applications to, and demonstrate utilization of, the internet to one's personal fitness plan. NHCC ELOs: 1,2,3
3. Examine the role fitness and wellness plays on one's overall health, and the importance of lifelong activity. ELOs: 1,3
4. Formulate a personal fitness S.M.A.R.T. goal/s, and execute it via weekly workouts throughout the semester. ELOs: 1,2,3
5. Evaluate one's own fitness/wellness level/s via self-evaluation and self-assessment. ELOs: 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.