

# North Hennepin Community College

## EXSC 1000: Physical Fitness

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

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. A pre-assessment of one's 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. Note: MANDATORY 2 hour orientation is required on the first day of class.

**B. COURSE EFFECTIVE DATES:** 12/01/2015 - 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 one's 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

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted