

North Hennepin Community College

EXSC 1900: Worldwide Fitness and Wellness Trends

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 explore the constantly evolving field of Exercise Science. In the rise and fall of fitness trends, students must be equipped with basic scientific understanding in exercise theories to discern between trends, fads, safe, and harmful methods for physical training. This course seeks to empower students with the knowledge in exercise science and wellness to improve their lives and of those around them.

B. COURSE EFFECTIVE DATES: 04/26/2021 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Recognize the top Fitness and Wellness Trends both nationally and worldwide, as set forth by a professional organization and members of respected institutions in Exercise Science
 - a. NHCC ELO 2a.
2. Contrast professional trends against those in the general population, and examine overlaps and disparities
 - a. NHCC ELO 2a and 4d.
3. Defend the ¿preferred¿ trend of choice by using scientific research as evidence for its effectiveness and safety
 - a. NHCC ELO 3d. and 4d.
4. Describe the purpose of viewing ¿Exercise as Medicine¿, by explaining the overall benefits of exercise to all 7 dimensions of wellness
 - a. NHCC ELO 2a. and 3d.
5. Examine the use of exercise science theories and methods in current health care models.
 - a. NHCC ELO 2a. and 4d.
6. Judge the availability of Wellness services and basic wellness knowledge for different segments of the US population
 - a. NHCC ELO 4d

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted