

# Inver Hills Community College

## **PHED 1180: Approved Activity**

### **A. COURSE DESCRIPTION**

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 1

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Is intended for students who cannot participate in other Physical Education courses due to permanent physical disability or limitation. Students will meet with the instructor to discuss physical abilities and design a 30 hour activity program to work toward improved fitness. Students will be required to perform 30 hours of activity. Students should discuss participation with their physicians. Written permission of instructor.

**B. COURSE EFFECTIVE DATES:** 01/01/1998 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Individualized

### **D. LEARNING OUTCOMES (General)**

1. Depends in the individual's abilities and disabilities, however everyone would increase their knowledge of fitness and wellness

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

None

### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

### **G. SPECIAL INFORMATION**

None noted