

# Inver Hills Community College

## PHED 1110: Conditioning

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 1

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Promotes physical fitness, muscle tone, efficient movement, and control of weight through proper diet, strength/toning exercises, and endurance activities. Discussion topics include fitness components, fitness principles, nutritional guidelines, body composition, muscle identification and personal wellness. This course may be taken twice for a maximum of four credits.

### B. COURSE EFFECTIVE DATES: 07/01/2002 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic nutritional and dieting principles: 15%
2. Body composition: 10%
3. Cardiac risk factors: 5%
4. Fitness components: 25%
5. Fitness principles: 25%
6. Muscle identification, exercises to train: 15%
7. Stress management: 5%

### D. LEARNING OUTCOMES (General)

1. Locate and identify major muscle groups
2. List exercises to train specific muscle groups
3. Discuss fitness training principles
4. Discuss body composition and nutritional guidelines
5. Participate in muscle toning exercises and aerobic exercises
6. Design a personal fitness program

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted