

# Inver Hills Community College

## PHED 1145: Walking/Jogging

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 1

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Provides students the opportunity to improve their cardiovascular fitness through walking and jogging. Students will develop and execute a personal walking or running program. Progress will be monitored throughout the semester. Students will learn the benefits of walking or running as a stress reduction activity. Lecture topics include fitness components, fitness principles, nutritional guidelines, body composition, stress management 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: 15%
4. Fitness components: 25%
5. Fitness principles: 25%
6. Stress management: 10%

### D. LEARNING OUTCOMES (General)

1. Exercise to improve cardiovascular health
2. Exercise to improve flexibility and muscular endurance
3. Discuss basic nutrition and fitness principles
4. Discuss the role walking and jogging play in health maintenance
5. Design a personal wellness 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