

Inver Hills Community College

PHED 1101: Group Cardio Work-Out

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Provides students an opportunity to improve physical fitness through a variety of formats, such as interval training, circuits, group-based activities, and individual cardio-respiratory exercise. Appropriate for all fitness levels, including beginners. Fitness components, fitness principles, nutritional guidelines and body composition information will be presented. This course may be taken twice for a maximum of four credits.

B. COURSE EFFECTIVE DATES: 08/23/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Body composition: 10%
2. Cardiac risk factors: 5%
3. Fitness components: 25%
4. Fitness principles: 25%
5. Muscle identification: 15%
6. Nutritional information: 15%
7. Stress management: 5%

D. LEARNING OUTCOMES (General)

1. Locate and identify major muscle groups and list exercises to train each
2. Discuss body composition and nutritional guidelines
3. Define fitness components and discuss fitness training principles
4. Discuss wellness concepts related to aerobics
5. 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