**PHED 1400: Personal Fitness**

**A. COURSE DESCRIPTION**

Credits: 1  
Lecture Hours/Week: *.*  
Lab Hours/Week: 2  
OJT Hours/Week: *.*  
Prerequisites: None  
Corequisites: None  
MnTC Goals: None

The Personal Fitness Course will provide students with an opportunity to participate in a personal fitness plan to improve or maintain a healthy lifestyle. Consistent attendance during class periods and involvement in planned activity and exercise is expected. Individual plans for training may include components of cardio-respiratory, strength and flexibility training as selected by the student. Regular scheduled access to equipment and space in the Health & Fitness Lab and gymnasium will be provided to course participants. Students will become familiar with standard weight room protocol and equipment, and will review safety concerns and procedures to take into account while training for physical fitness. Participants will keep accurate records of training to track performance, illustrate consistency of training, demonstrate efficiency of exercises, and show improvements in fitness levels.

**B. COURSE EFFECTIVE DATES:** 08/22/2011 - Present

**C. OUTLINE OF MAJOR CONTENT AREAS**

1. Provide an overview of safe and effective exercise for personal fitness improvement.  
2. Participate in a consistent and appropriate plan of training.  
3. Record completed exercise and progress for each training session; review performance periodically.

**D. LEARNING OUTCOMES (General)**

1. The learner will participate in regularly scheduled training sessions.  
2. The learner will gain an appreciation for the value of a personalized fitness plan.  
3. The learner will develop a basic understanding of safe and comprehensive physical training using ATCC equipment and facilities.

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

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted