Alexandria Technical and Community College

EXSC 2620: Personal Fitness II

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 2
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course is an opportunity for students to examine and build their personal fitness status. Students will analyze current levels of fitness, review personal health history, set goals for improvement and development, and perform self-assessments in all components of fitness. Course participants will create and implement a comprehensive personal plan of fitness training. Students will demonstrate consistency in performance of that plan, identifying and recording progress and increased physical fitness measurements. Ideally, increased awareness of personal health will be obtained and habits of training will be reinforced or established.

B. COURSE EFFECTIVE DATES: 04/24/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Practice the client interaction process, including identifying pertinent personal information and health history.
2. Recognize areas of need and set goals for personal improvement in overall fitness
3. Perform, record, and analyze fitness assessments. Reassess as necessary.
4. Design a program of fitness training based upon health, training history, original or revised goals and current assessment results. Students will create a minimum two cycles of training during the semester.
5. Consistently attend scheduled training sessions that include exercises from all components of fitness.
6. Keep accurate and meaningful records of sessions and training progress; report to instructor as necessary.

D. LEARNING OUTCOMES (General)

1. The learner will perform assessments/progress evaluations in all the major components of fitness, establish semester program goals, and design and submit program plans for individual fitness improvement.
2. The learner will maintain or improve a personal level of fitness through performance of exercises; training at least twice weekly, addressing all fitness components, therefore reinforcing positive habits of exercising.
3. The learner will create and complete appropriate record-keeping materials, improving understanding of the principles of training and the value of a personalized plan for exercise.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted