Alexandria Technical and Community College

EXSC 1680: Lifetime Fitness

A. COURSE DESCRIPTION

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

   This course provides a comprehensive understanding of the principles of health, wellness, and fitness concepts. Students will learn about the dimensions of wellness and how each plays an integral role in achieving overall wellbeing. The course will cover fitness components, training variables, behavior change process, and the relationship between food choices and overall health. Students will also explore the impact of stress on wellness and examine the role of fitness and wellness in disease prevention and risk reduction. Through this course, students will develop the knowledge and skills needed to create a personal fitness program that promotes a healthy and active lifestyle.

B. COURSE EFFECTIVE DATES: 04/27/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

   1. Describe the dimensions of wellness, explain how each specific dimension plays a valuable role in wellbeing
   2. Identify the five fitness components and explain how each component plays an integral role in physical fitness
   3. Discuss the importance of goals as it relates to personal development
   4. Identify training variables and their manipulation to achieve different outcomes based on goals
   5. Examine the behavior change process as it relates to personal wellness
   6. Explain how food choices affect overall health and wellness
   7. Examine the relationship between stress and wellness
   8. Explore the role fitness and wellness play on overall health and the implications on disease risk and prevention

D. LEARNING OUTCOMES (General)

   1. The learner will describe the dimensions of wellness, explain how each specific dimension plays a valuable role in wellbeing.
   2. The learner will identify fitness components and explain how each component plays an integral role in physical fitness.
   3. The learner will identify and apply training variables to a personal fitness program based on their individualized goals.

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

   None

F. LEARNER OUTCOMES ASSESSMENT

   As noted on course syllabus
G. SPECIAL INFORMATION

None noted