

Minnesota State College Southeast

HLTH 1110: Personal Health and Fitness II

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites:

HLTH 1105 - Personal Health & Fitness I; OR

HLTH 1505 - Personal Health & Fitness I

Corequisites: None

MnTC Goals: None

This course focuses on the implementation of an individualized physical fitness program. Through testing and self-assessments, the student's current status is analyzed. The student will then develop an exercise program that would facilitate a personal fitness plan. The course will introduce a variety of subjects including anatomy and aging, choosing equipment, choosing the right type of training and motivational techniques. (Prerequisite: HLTH1105 Personal Health and Fitness I) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 07/27/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Health, wellness, and the disease process
2. Infectious vs. chronic diseases
3. Healthy behaviors and health care consumerism
4. Healthy aging

D. LEARNING OUTCOMES (General)

1. Demonstrate readiness to start an exercise program
2. Identify and define the four factors that govern cardiorespiratory exercise
3. Identify and define the four factors that govern the development of muscular strength and muscular endurance
4. Identify and define the four factors that contribute to the development of muscular flexibility
5. Identify and define the six components of skill-related fitness
6. Self-assess and reflect on his or her personal fitness through interpretation of various models
7. Establish and apply personal fitness goals
8. Create a comprehensive personal fitness plan
9. Implement a personal fitness plan
10. Self monitor personal goals and progress in relation to health and fitness
11. Establish a motivational plan prior to engaging in the fitness plan
12. Cooperate and collaborate in partners and with the class in an effort to complete tasks and facilitate others to fulfill his or her workout
13. Evaluate individual plan and make necessary changes in order to achieve one's fitness goals
14. Learn concepts for preventing and treating injuries
15. Describe the relationship between fitness and aging

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

This course was previously HLTH 1525.