

Minnesota State College Southeast

HLTH 1130: Introduction to Outdoor Activities

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduction to outdoor activities is based around a student's current health and personal wellness goals. Base on a health assessment and introduction to local resources students will identify achievable goals for experiencing the outdoors and improving health. This will expand students knowledge of Southeast Minnesota's parks, trails, waterways, and local produce all while promoting group relations, leaving students with a network of fitness and wellness peers. (Prerequisite: none) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 02/02/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Assess personal health
2. Identify health and wellness activities that you enjoy
3. Become more familiar with local resources (parks, farmers markets, etc.)
4. Set personal goals for your health

D. LEARNING OUTCOMES (General)

1. Identify current wellness status
2. Set personal goals for fitness
3. Design a strategy to maintain a log of activities
4. Create a list of local resources and activities that promote a healthy lifestyle
5. Identify local resources for preparing healthy meals
6. Share knowledge of resources and activities with
7. Create or expand a network of fitness and wellness peers
8. Create a plan to maintain a healthier lifestyle to achieve personal wellness 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