



MASTER COURSE OUTLINE

A. PHED 1150 Fitness Activities

B. COURSE DESCRIPTION:

This course is centered on participation and the acquisition of skills in aerobic and anaerobic activities, such as weight lifting, cardiovascular endurance exercises, stretching, pilates, circuit training, total body resistance (TRX) and other various fitness activities.

(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Weight lifting/strength training
- Plyometrics
- Circuit training
- Physical conditioning (fundamentals and advanced techniques for athletes)
- Aerobic training
- Pilates
- TRX

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
<u>*Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	The student will successfully 1. demonstrate an understanding of physiological effects of different aerobic and anaerobic activities.
<u>CS</u>	perform various physical conditioning activities to gain overall improved physical fitness.	1. record hear rates from various physical conditioning activities. 2. measure components of fitness (pre and post) to track fitness improvements.

<u>CS</u>	perform various aerobic activity indoors and out to meet personal cardiovascular endurance goals.	<ol style="list-style-type: none"> 1. measure VO2 max using a pre- and post-test to show cardiovascular endurance gains. 2. log activity exercise that raises heart rates.
<u>CS</u>	experience supplemental strength training methods.	<ol style="list-style-type: none"> 1. participate in plyometrics, TRX and circuit training. 2. explain benefits of these supplemental training method as applied to overall fitness.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or cassette tape, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 12/21/09; 03/19/18; 03/28/24

AASC Approval date: 04/17/18; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland