Bemidji State University

PHED 1890: Lifetime Fitness

A. COURSE DESCRIPTION
   Credits: 2
   Lecture Hours/Week: *.*
   Lab Hours/Week: *.*
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   This personal fitness class will allow students to develop their own aerobic and possibly strengthening program. They will receive some instruction in the development of fitness, use of equipment, etc., but the focus will be active participation in walking, jogging, rowing, stepping, etc. Liberal EducationGoal Area 11.

B. COURSE EFFECTIVE DATES: 03/14/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Weight Training, Muscular Strength and Endurance
   2. Equipment Exercises, Introduction to Wellness, Fitness, and Lifestyle Management
   3. Circuit Training, Principles of Physical Fitness, Fitness Goals
   4. Basketball, Cardiorespiratory Endurance
   5. Volleyball, Flexibility and Low-Back Health
   6. Aerobic/Anaerobic Exercises, Putting Together a Complete Fitness Program
   7. Racquetball, Cardiovascular Health
      Fitness Plan
   8. Soccer/Pre-Fitness Testing, Body Composition, Nutrition Log
   9. Student Personal Fitness Programs/Student Teaching, Nutrition
   10. Student Personal Fitness Programs/Student Teaching, Weight Management
   11. Student Personal Fitness Programs/Student Teaching, Stress
   12. Student Personal Fitness Programs/Student Teaching, Injury Prevention and Personal Safety
   13. Student Personal Fitness Programs/Student Teaching, Exercise Guidelines for People with Health Concerns
D. LEARNING OUTCOMES (General)

1. analyze his/her own levels of fitness
2. understand and value the importance of physical activity in maintaining one's health.
3. critically analyze information available on a specific unique piece of fitness equipment from a website of their choice and present their findings in written form as well as a short oral presentation to the class.
4. keep a Fitness Log and Program:
   1a. Fitness Goals: nutrition, cardio, and strength goals will be created by each individual to help with the Fitness Plan. Each goal needs to include the SMART Principle.
   1b. Fitness Plan: based on the students' fitness goals each individual will create a personalized fitness program to achieve their goals. Include the FITT principle: Frequency, Intensity, Time, and Type.
   1c. Fitness Log: record of the students' implementation of the fitness program.
5. set fitness and physical activity goals based on their current fitness levels and National guidelines (ACSM guidelines and National Physical Activity Guidelines)
6. create a personal fitness plan to meet their fitness and activity goals
7. keep a log of their physical activity
8. participate in physical activity to enhance their physical fitness during class meetings

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

   None

F. LEARNER OUTCOMES ASSESSMENT

   As noted on course syllabus

G. SPECIAL INFORMATION

   None noted