Bemidji State University

PHED 3607: Teaching Fitness

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

   Methods of teaching and the practice in the development of physical fitness, including development of the
   health related fitness components of strength, cardiovascular endurance, muscular endurance, and
   flexibility with activities such as cross country skiing, exercise walking, orienteering, cycling, yoga, and
   weight training. Prerequisite: Entrance into the Teacher Education program or consent of instructor.

B. COURSE EFFECTIVE DATES: 08/02/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Methods of teaching and practice in the development of physical fitness
   2. Development of health related fitness components of strength, cardiovascular endurance, muscular
      endurance, and flexibility

D. LEARNING OUTCOMES (General)
   1. Knowledge of Fitnessgram assessments and demonstrate the ability to report Fitnessgram results
      using Fitnessgram 10.0 software.
   2. Demonstrate skills necessary to successfully participate in a variety of fitness activities that focus on
      health-related components of fitness.
   3. Demonstrate understanding of fitness concepts and the ability to teach Physical Best health related
      component activities for middle and high school students.
   4. Demonstrate knowledge of basic weight training principles to include: exercise selection, training
      loads, basic lifts, and program design principles.
   5. Create a quality recording of basic lifts and complete a self-analysis of personal level of skill in
      selected lifts.
   6. Create a four lesson group fitness activity sequence, unit handout, resources handout, and assessment
      plan.
   7. Demonstrate an understanding of the benefits of lifelong physical recreation through the participation
      in fitness activities.
   8. Demonstrate knowledge of what cyclist Need to Know and the basic riding skills to demonstrate safe
      road and pathway riding.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus
G. SPECIAL INFORMATION

None noted