

# Minnesota State University Moorhead

## PE 365: Health and Fitness Instructor

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course prepares students to meet the competencies established by the American College of Sports Medicine for a health fitness instructor.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Students will be prepared to meet the competencies established by the American College of Sports Medicine and the National Strength and Conditioning Association for a health and fitness instructor.
2. Students will be knowledgeable in physical fitness, health and performance.
3. Students will understand safe and effective exercise programs.
4. Students will understand the concepts of weight control, energy costs of activity, cardiorespiratory fitness, muscular strength, and muscle flexibility.
5. Students will understand the evaluation of health status.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted