

# North Hennepin Community College

## PE 1010: Physical Fitness

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

PE 1010 is a 2 credit self-paced and for persons who are motivated and self-disciplined. The complete body workout involves a Super-Circuit and Cardiovascular exercise, followed by a brief stretching period to increase flexibility. The separate guideline outlines your entire workout in the Fitness Center, including guidelines for heart rate zones during each part of the workout, guidelines for amount of weight and number of repetitions during the Super Circuit, and when and how to stretch. The course does not have regular meeting times, but rather is an open lab, so one must schedule workouts three times weekly for at least 60 minutes throughout the entire semester, and stick to that schedule for success. This course can be repeated for credit.

Note: MANDATORY 2 hour orientation is required on the first or second day of class

**B. COURSE EFFECTIVE DATES:** 09/10/1997 - 07/31/2015

### C. OUTLINE OF MAJOR CONTENT AREAS

None

### D. LEARNING OUTCOMES (General)

None

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.