

# 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 Education Goal 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