

# 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