

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

**Course Outline**

Course Title: Aerobic Fitness  
Semester Course Prefix and Number: PHED 1416  
Old Quarter Course Prefix and Number: PE 147

Submitted By: B. Gerlach  
Approval Date: Feb. 2003  
Revision Date: October 2002

Number of Credits: 1      Number of Lecture Credits:  
Semester(s) Offered:      Number of Lab Credits: 1      Number of Lab Hours:  
Negotiated Class Size:      Number of Studio/Demonstration/Internship Credits:

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**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

This course will follow the standards and guidelines of ACE – American Council on Exercise. This will include a definition of aerobic exercise, medical considerations of the participant, body composition, nutrition needs, endurance development, flexibility, injury prevention and treatment, and in-class participation in aerobic exercise.

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): None  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

**Career Programs and Transfer Majors Accessing this Course:**

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0.  None
- 1.  Communications
- 2.  Critical Thinking
- 3.  Natural Sciences
- 4.  Mathematical/Logical Reasoning
- 5.  History and the Social and Behavioral Sciences
- 6.  The Humanities and Fine Arts
- 7.  Human Diversity
- 8.  Global Perspectives
- 9.  Ethical and Civic Responsibility
- 10.  People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

Upon completion of this course, the student will have learned basic aerobic routines and increased their cardiovascular endurance.

**Student assessment methods:**

- Participation 90%
- Lecture & written final exam 10%

**Use of instructional technology** (includes software, interactive video and other instructional technologies):

**Outline of the major course content:**

Students will participate in aerobic exercise which includes a warm-up cardiovascular (aerobic) exercise – both high and low impact are demonstrated, muscle toning exercises, flexibility and cool-down. The student will learn the definition and experience the benefits of aerobic exercise and will learn base heart rate monitor fundamentals.

**Additional special information** (special fees, directives on hazardous materials, etc.)

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee	Dr. Bonnie K. Edwards	October 10, 2002
Faculty Association	Georgia Suoja	December 16, 2002
Meet and Confer	Jill Peterson	February 1, 2003
Chief Academic Officer	Jill Peterson	February 1, 2003

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