

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Physical Fitness
Semester Course Prefix and Number: PHED 1418
Old Quarter Course Prefix and Number:

Submitted By: Phy. Ed. Dept.
Approval Date:
Revision Date: Feb. 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:

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 presents basic skill development for lifelong fitness. Physical Fitness will introduce the student to the basic components of fitness including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Each student will develop personal skill for a lifetime fitness program.

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:

This course is designed to provide students with the fundamentals of overall fitness.

Student assessment methods:

Attendance and class work 100%

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

Video instruction

Outline of the major course content:

To enhance a healthy lifestyle including cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.

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		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

Distribution: Original – Administrative Office, Library, Learning Center, Records, Student Services, Curriculum Committee Chair