Course Title: Physical Fitness

Semester Course Prefix and Number: PHED 1418
Approval Date:  
Old Quarter Course Prefix and Number: 
Revision Date: Feb. 2002

Number of Credits: 1 Number of Lecture Credits: 
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 
- 9 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements. 

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. X None 6. 
1. Communications 7. Human Diversity 
2. Critical Thinking 8. Global Perspectives 
3. Natural Sciences 9. Ethical and Civic Responsibility 
5. History and the Social and Behavioral Sciences
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:

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