

Minnesota State University Moorhead

PE 104: Exercise and Body Development

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to teach the knowledge, activities, and skills necessary to develop a comprehensive physical fitness program focusing on flexibility, strength and aerobic development.

B. COURSE EFFECTIVE DATES: 06/25/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Improve physical fitness through progress made in muscle strength, muscle endurance, flexibility and cardiovascular endurance.
2. Analyze own behaviors, attitudes and beliefs of wellness as it relates to physical activity.
3. Appreciation of different exercise programs and what they have to offer through the experience of participation.
4. Develop skills that lead to social wellness.
5. Gain some knowledge of how each program works.
6. Student will demonstrate the ability written a self-analysis of their physical activity.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted