



MASTER COURSE OUTLINE

A. PHED 1145 Lifetime Fitness and Wellness

B. COURSE DESCRIPTION:

This course is designed to assist students in understanding the need for maintaining a healthy lifestyle for optimal wellness. Individual fitness assessments are used, along with identifying target behaviors for goal setting and barriers to change. Balancing nutrition with an exercise program for success in weight management is also covered.

(2 Cr – 1 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Physical fitness and wellness
- Principles of nutrition for wellness
- Target behaviors and behavior modification
- Body composition assessment
- Principles of weight control and management
- Cardiovascular endurance and assessment
- Muscular strength and endurance, and assessment
- Principles of muscular flexibility
- Skill related components of physical fitness
- Preventing cardiovascular disease
- Stress management

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
*Critical Thinking	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant,	The student will successfully 1. describe the dimensions of wellness and how each facilitates health and wellbeing.

	clear, comprehensive, and conscious of possible bias in the information selected.	2. discuss the relationship between stress and physical and emotional wellness.
<u>CS</u>	identify fitness components and apply to personal fitness levels.	1. evaluate fitness components through testing and personal assessing these 5 components.
<u>CS</u>	understand the importance of why certain exercises are necessary for overall fitness and how different training variables affect personal fitness.	1. apply basic exercises to improve all components of fitness. 2. explain how changes in intensity, type of exercise and duration affect performance and fitness levels.
<u>CS</u>	understand nutritional information and how diet can affect overall health and wellness.	1. assess nutritional information from food labels and dietary resources and explain how food choices affect overall health and wellness. 2. implement proper nutrition choices for complimenting and adhering to an exercise program.
<u>CS</u>	understand the role fitness and wellness play on overall health and the implications on disease risk and prevention	1. create a behavior modification plan through goal setting for two target behaviors that will decrease the likelihood of disease through preventative actions.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 24; Letter Grade

Revision date: 01/08/18; 02/01/18; 03/28/24

AASC Approval date: 02/20/18; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland