COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1127: Body Toning

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 2
   3. Prerequisites (Course discipline/number): ENGL 0990, College level reading, and MATH 0093.
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   An exercise program designed to increase your muscle tone, strength and flexibility, using a variety of progressive resistance techniques like Dyna bands, hand weights, exercise bars, and balls.

B. DATE LAST REVISED (Month, year): October, 2006

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Four Components of Fitness
   2. Muscle Strength/Muscle Endurance
   3. Anatomy and Physiology of Skeletal Muscles
   4. Muscle Contraction
      a) Isometric
      b) Eccentric
      c) Concentric
   5. Training Effect
   6. Strength and Metabolism
   7. Muscle Soreness
   8. Breathing Techniques
   9. Importance of Warm-up, Cool-down, Water-intake
   10. Proper Exercise Techniques
   11. Common Injuries
   12. Flexibility/Stretching
      a) Ballistic
      b) Static
      c) PNF
   13. Differences Between Male and Female Strength Development

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Improve fitness level.
   2. Increase muscle tone, strength and flexibility.
   3. Demonstrate proper exercise techniques.
   4. Describe the differences between aerobic and anaerobic activity.
   5. Identify the major muscle groups.
   6. Describe the four components of fitness.
   7. Explain the importance of warm-up and cool-down.
   8. Explain the significance of strength and metabolism.
   9. Explain the importance of breathing and water intake while performing strength exercises.
   10. Identify and demonstrate methods for assessing muscle strength and endurance.
   11. Describe specific methods for improving muscular strength.
   12. Describe differences between males and females in terms of strength development.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Class participation
   2. Fitness testing
   3. Personal journal
   4. Written exam
G. SPECIAL INFORMATION (if any): None