HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE NUMBER & TITLE:  PE 1220: Mind Body Fitness
CREDITS:  1 (0 Lec / 1 Lab)
PREREQUISITES:  None

CATALOG DESCRIPTION:
Mind Body Fitness is a fitness class focusing on muscular strength, muscular endurance, flexibility and balance through mind body fitness activities. Students will participate in different styles of yoga, Pilates, mental focus and relaxation techniques. Students will learn basic health and fitness concepts as well as recognize behaviors that lead to a healthy lifestyle and prevent illness and disease.

OUTLINE OF MAJOR CONTENT AREAS:
1. General fitness components
   A. Muscular strength
   B. Muscular endurance
   C. Flexibility
   D. Balance
2. Mind body fitness components
   A. Warm up
   B. Breathing techniques
   C. Yoga poses and postures
   D. Pilates movements
   E. Relaxation techniques
      1. Meditation
      2. Imagery
   F. Cool down
3. Health promotion components
   A. Fitness guidelines
      1. Cardiorespiratory endurance
      2. Muscular strength
      3. Muscular endurance
      4. Flexibility
      5. Body composition
   B. Appropriate fitness programs
   C. Nutrition and fitness
      1. Guidelines for a healthy diet
      2. Exercise duration and energy use
      3. Energy needs
4. Hydration
D. Preventative health behaviors

COURSE GOALS/OBJECTIVES/OUTCOMES:
Students will
1. Students will identify the benefits of mind body fitness activities.
2. Students will work to improve core strength and endurance, flexibility and balance through active participation.
3. Students will identify numerous breathing techniques for improved concentration and relaxation.
4. Students will understand basic concepts related to health and fitness.
5. Students will identify a number of health promoting behaviors that decrease the risk for lifestyle-related illness and disease.
6. Students will develop an appreciation for wellness and fitness in everyday life.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working Productively and Cooperatively
Communicating Clearly and Effectively

STUDENT CONTRIBUTIONS:
Students are expected to attend all lectures and working sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time and request assistance when needed. Students are expected to assist with equipment when necessary. Students are expected to be courteous and respectful to others. Attendance and class participation are critical in this class.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

ADDITIONAL INFORMATION: This class is intended for students of all ages and abilities. This class can be individually designed for those students who have disabilities or need a modified program. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.
Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

AASC APPROVAL DATE: May 26, 2017

REVIEW DATE: May 2022

05/26/17