COMMON COURSE OUTLINE:  Course discipline/number/title:  PHED 1132: Speed and Power Running

A.  CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week:
3. Prerequisites (Course discipline/number):  None
4. Co-requisites (Course discipline/number):  None
5. MnTC Goals (if any):  NA

This course is designed to introduce the student to various aspects of sprinting and explosive running activities. Topics to be covered include stretching, form, fitness principles and proper equipment needed for fast running and power fitness.

B.  DATE LAST REVISED (Month, year):  May, 2002

C.  OUTLINE OF MAJOR CONTENT AREAS:
1. Assessing a individual speed
2. Steps to improving playing speed
3. Power Running
4. Strength and power training
5. Nutrition
6. Ballistics
7. Plyometrics
8. Sport loading
9. Sprinting form
10. Overspeed training
11. Designing a personal program

D.  LEARNING OUTCOMES (GENERAL):  The student will:
Develop a personalized speed/power running program that will include the principles of overload, progression and nutrition.

The course will help students to develop lifelong fitness programs by developing and understanding the components of fitness, conditioning, nutrition and performance enhancement. This course will enhance the potential of reaching peak performance levels in activities requiring explosive movements.

E.  LEARNING OUTCOMES (MNTC):  NA

F.  METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Attendance and class participation
2. Written tests
3. Journal/Log

G.  SPECIAL INFORMATION (if any):  None