COMMON COURSE OUTLINE:  Course discipline/number/title:  PHED 1190: Strength, Agility and Quickness Training for Football Athletes

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

This course is designed to teach football team players techniques in weight training in both free weights and machines, to assist students in becoming stronger and better conditioned football players. The student will also be exposed to basic anatomy/physiology principles regarding warm-up, stretching and body musculature related to the sport of football.

B.  DATE LAST REVISED (Month, year):  September, 2013

C.  OUTLINE OF MAJOR CONTENT AREAS:
1.  Muscle structure and function needed to play football
2.  Warm-up, flexibility and stretching related to playing football
3.  Safe and effective weight training for football
4.  Weight training exercises for specific parts of the body related to the sport of football
5.  Nutrition, rest and drugs for optimum performance in football
6.  Planning a weight training program to increase strength for playing football
7.  Advanced weight training for football players

D.  LEARNING OUTCOMES (GENERAL): The student will be able to:
1.  Develop a personalized fitness program that will include the principles of overload, progression and nutrition for both with training and cardiovascular endurance training as they relate to the sport of football.
2.  Learn the proper weight training techniques for developing good muscle structure for playing football.
3.  Perform and demonstrate proper warm-up, stretching and lifting techniques related to football.
4.  Understand and relate the importance of self-discipline through personal responsibility, commitment to team goals and outcomes, and respect for coaching personnel, teammates, and the community they represent during each competition.

E.  LEARNING OUTCOMES (MNTC):  NA

F.  METHODS FOR EVALUATION OF STUDENT LEARNING:
1.  Attendance
2.  Written tests
3.  Individual Program

G.  RCTC CORE OUTCOME(S) ADDRESSED:
  ☒Communication  ☒Civic Responsibility
  ☒Critical Thinking  ☒Personal/Professional Accountability
  ☐Global Awareness/Diversity  ☐Aesthetic Response

H.  SPECIAL INFORMATION (if any):  None