COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2242: Essentials of Strength and Conditioning

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

This course is designed for an in-depth individualized look at strength training and conditioning in a variety of settings. This information may be applied to the individual who seeks advanced techniques within a specific regime of training, or used in a team conditioning setting that would be adaptable to meet the specific requirements of that team's interest directed by the particular demands of the activity. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: College Level Reading, PHED 1105, PHED 1122, PHED 1132, and PHED 1133.

B. DATE LAST REVISED (Month, year): February, 2010

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Introduction to Strength & Conditioning Training as it relates to fitness.
   a) Health-Related Components of Fitness
      i. Cardiovascular Fitness
      ii. Muscular Strength and Endurance
      iii. Flexibility
      iv. Nutrition
      v. Body Composition
   b) Skill-Related Components of Fitness
      i. Agility
      ii. Balance
      iii. Reaction Time
      iv. Speed
      v. Power
2. Types of Strength Training
3. Understanding Energy Requirements
4. Identification of Skeletal Muscle Structure
5. Personal Assessments
6. Personal Goal Setting
7. Designing Workout Plans & Prescriptions
8. Safety Issues
   a) Using equipment correctly
   b) Implementing proper techniques
9. Injury Prevention and Treatment
10. Supplement Use/Substance Abuse
11. Strength Training for Special Populations
    a) During Pregnancy
    b) Ageing
    c) Physically or Developmentally Disabled

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. List the components of health-related and skill-related fitness and define how all aspects are implemented and maintained through strength and conditioning principles.
2. Describe the relationship between the body systems and fitness through strength and conditioning
3. Explain how engaging in a regular physical fitness program can contribute to a better quality of life, improved strength, and optimal health throughout a lifetime.
4. Determine their present level of physical fitness.
5. Set personal goals for improved fitness.
D. LEARNING OUTCOMES (GENERAL): The student will be able to: Continued...
6. Assess fitness levels of others and prescribe a comprehensive fitness plan for optimal health.
7. Discuss the positive use of various supplements or negative impact of substance use, misuse and abuse.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Practical illustration of exercise techniques.
2. Written evaluation and prescription of individual’s with special fitness requirements.
3. Class participation.
4. Compilation of Personal Fitness program.
5. Written evaluations such as quizzes, exams.

G. SPECIAL INFORMATION (if any): None