

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

- A. CATALOG DESCRIPTION
1. Credits: 1
  2. Hours/Week: 2
  3. Prerequisites (Course discipline/number): None
  4. Other requirements: None
  5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course is designed to introduce the student to various aspects of sprinting and explosive running activities. Topics to be covered include: proper technique for stretching and running as well as fitness principles and proper equipment application required to implement running and power fitness.
- C. DATE LAST REVISED (Month, year): February, 2019
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Assessing 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
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Develop a personalized speed/power running program that will include the principles of overload, progression and nutrition.
  2. Develop lifelong fitness programs by understanding and applying the components of fitness, conditioning, nutrition for optimal performance.
  3. Enhance their potential for reaching peak performance levels in activities requiring explosive movements.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Attendance/Participation
  2. Daily exercises
  3. Written Exams
  4. Journal/Personal Log
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None