

Course discipline/number/title: PHED 1133: Strength Training for Men and Women

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 teach students techniques for effective weight training, while utilizing body weight, machines and free weights to assist students in becoming physically stronger. The student will also be exposed to basic anatomy and physiology principles regarding warm-up, stretching and body musculature.

C. DATE LAST REVISED (Month, year): February, 2019

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Muscle structure and function
2. Warm-up, flexibility and stretching
3. Safe and effective weight training
4. Weight training exercises for specific parts of the body
5. Nutrition, rest and drugs
6. Planning a weight training program
7. Advanced weight training

E. 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 strength training and cardiovascular endurance training.
2. Demonstrate the proper weight training techniques for developing good muscle structure.
3. Demonstrate proper warm-up and stretching and lifting techniques.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Attendance/Participation
2. Written Exams
3. Individual Program Development

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