

Course discipline/number/title: PHED 1150: Basic TRX Training

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 improving overall strength and core training with the TRX suspension trainer workout system. The TRX Suspension Trainer utilizes leverage, gravity and the student's bodyweight to perform hundreds of exercises. Suspension training with bodyweight exercises develops muscle strength, and increases balance, flexibility and core stability simultaneously. This course also includes basic anatomy, as well as basic physiology principles as they relate to preparing the body for work, increasing load and the progression of increasing physical demands for continued improvement in the areas of strength, flexibility, muscle endurance, core stability and quality of life.

C. DATE LAST REVISED (Month, year): February, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Overview of Anatomy
2. Physiology Principles
  - a) Muscle Strength
  - b) Muscle Endurance
  - c) Flexibility
3. Safe Use in TRX Equipment
4. Safe Techniques of TRX Training
5. Basic TRX Training Program and Guidelines
6. Exercise Techniques
  - a) Chest
  - b) Back
  - c) Shoulder
  - d) Arms
  - e) Legs
  - f) Core
7. Effective Techniques for TRX Training Progression
8. Designing an Individualized TRX Training Program

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate a basic knowledge of Anatomy and Physiology.
2. Demonstrate safe and effective TRX Training Techniques.
3. Proper use of the TRX system for the Development of arms, legs, neck, shoulders, chest, and core.
4. Demonstrate proper warm-up, stretching and cool down techniques.
5. Implement a TRX training program to meet their individual objectives.

F. LEARNING OUTCOMES (MNTC): NA

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

1. Class Participation
2. Personal Journal
3. Written Exam

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