

Course discipline/number/title: PHED 1151: High Intensity Interval Training (HIIT) with TRX Suspension Training

A. CATALOG DESCRIPTION

1. Credits: 2
2. Hours/Week: 4
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 High Intensity Interval Training techniques including overall muscle strength, core training with increased power concepts by utilizing the TRX suspension trainer workout system. HIIT, also known as metabolic conditioning, requires the student to engage in directed, intense physical activity for short bursts, repeatedly, with limited recovery time. This format of training provides a tremendous aerobic, anaerobic, strengthening and power building workout. The TRX Suspension Trainer uses leverage, gravity and the individual's bodyweight to perform hundreds of intense exercises. Suspension training with bodyweight exercises develops strength, balance, flexibility and core stability simultaneously. The Versatility of HIIT TRX training offers a huge variety of exercises to choose from, and build on, for effective aerobic and anaerobic workouts. This course includes basic anatomy and physiological principles regarding how to increase aerobic and anaerobic load and the process for increasing physical demands for improvement in the areas of aerobic fitness, 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. Basic Anatomy
2. Physiology Principles
 - a) Cardiovascular Endurance
 - b) Body Composition
 - c) Muscle Strength
 - d) Muscle Endurance
 - e) Flexibility
3. Safe Use of TRX Equipment for HIIT Training
4. Safe Techniques of TRX/HIIT Training
5. High Intensity Interval TRX Training Program and Guidelines
6. Exercise Techniques
 - a) Chest
 - b) Back
 - c) Shoulders
 - d) Arms
 - e) Legs
 - f) Core
7. Effective Techniques for High Interval TRX Training Progression
8. Designing and Individualized TRX Training Program

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

1. Demonstrate a basic knowledge of anatomy and physiology, and how they evolve as a result of HIIT TRX training.
2. Demonstrate safe and effective HIIT/TRX training techniques.
3. Demonstrate proper use of HIIT/TRX training aspects for the arms, legs, neck, shoulders, chest and core.
4. Demonstrate proper warm-up, stretching and cool down techniques.
5. Design an HIIT/TRX training program to meet their individual training 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