

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

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 2 Lecture, 2 lab
3. Prerequisites (Course discipline/number): None
4. Other requirements: RECOMMENDED ENTRY SKILLS/KNOWLEDGE: PHED 1105, PHED 1122, PHED 1132, and PHED 1133.
5. MnTC Goals (if any): NA

B. COURSE DISCRIPTION: 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. The programs developed would be adaptable to meet the specific requirements of that team's interest as dictated by the particular demands of the activity. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: PHED 1105, PHED 1122, PHED 1132, and PHED 1133.

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

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Introduction to Strength Training & Aerobic Conditioning as it relates to fitness.
 - a) Health-Related Components of Fitness
 - b) Skill-Related Components of Fitness
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) Aging
 - c) Physically or Developmentally Disabled

E. 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
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.
8. Conduct initial client interviews to assess fitness levels and develop safe goals for clients.

F. LEARNING OUTCOMES (MNTC): NA

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

1. Class participation



- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
Continued. . .
2. Practical illustration of exercise techniques
 3. Completion of personal fitness program
 4. Written evaluation and prescription of individuals with special fitness requirements.
 5. Quizzes
 6. Written Exams
- 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