PHED 5170: Advanced Principles for Strength and Speed Training

A. COURSE DESCRIPTION
   Credits: 3
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   Theory and practice of strength and speed training with emphasis on technique analysis and instructional methods for strength training. Includes facility design and equipment purchasing and maintenance. Prepares students for National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS). Prerequisite: PHED 5300 or consent of instructor.

B. COURSE EFFECTIVE DATES: 08/03/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   None

D. LEARNING OUTCOMES (General)
   None

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted