

North Hennepin Community College

EXSC 1050: Weight Training

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will introduce students to strength training for the development of lifelong physical fitness. Students will develop the basic principles of designing and participating in a safe and effective resistance training program.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Demonstrate the safety standards, fundamentals, techniques, and strategies of strength training, and integrate them into a personal program.
 - a. NHCC ELO 1, 3d, 4e
 - b. EXSC Goals 1, 2a, 2d
2. Apply fundamental knowledge of benefits, adaptations, and principles to resistance training programs.
 - a. NHCC ELO 1, 3d, 4e
 - b. EXSC Goals 1, 2a, 2d, 3d
3. Identify appropriate muscles, movements, and joint actions executed through various exercises.
 - a. NHCC ELO 1, 4e
 - b. NHCC Goals 1, 2d

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.