

North Hennepin Community College

EXSC 1530: Tactical Strength and Conditioning

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed specifically for the tactical athlete (military, law enforcement, fire and rescue, protective services, first responders, and other emergency services). The tactical strength and conditioning course is designed to increase the performance, readiness, and longevity of tactical athletes while decreasing the likelihood of fitness and job related injuries by utilizing proven training methods and team training.

B. COURSE EFFECTIVE DATES: 04/25/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. After successfully completing this course, a student will be able to:

D. LEARNING OUTCOMES (General)

1. Comprehend, develop, and implement strength and conditioning skills designed to increase the tactical athletes effectiveness and performance (ELO_is 1,3,4)
2. Utilize and demonstrate cutting edge training techniques that ensure the tactical athlete develops a solid foundation for physical readiness and continued career growth (ELO_is 1, 3).
3. Develop leadership skills and build upon them thorough various team building skills and workouts (ELO_is 1, 3, 4)
4. Analyze the post training and active duty aspects of the tactical athletes profession by participation in a periodized strength and conditioning program (ELO_is 1,3).

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

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.

Personal and Social Responsibility and Engagement - Including: Civic knowledge and engagement; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning; Teamwork.

Integrative and Applied Learning - Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community. Including: Problem solving; Global learning; Creative thinking; Critical thinking; Integrative Learning.