EXSC 2670: Strength 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 provides a comprehensive understanding of strength training principles and techniques, with
   emphasis on safety, efficiency, and effectiveness. Students will participate in physical training sessions of
   moderate to high intensity that will enable them to apply these concepts effectively when designing and
   executing safe and efficient workout plans for individuals with diverse fitness levels and goals.

B. COURSE EFFECTIVE DATES: 04/27/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Learn advanced concepts of strength training using different types of resistance formats
   2. Learn proper technique of advanced strength exercises
   3. Implement methods of objectively evaluating lifting programs for measuring strength, muscular
      endurance, and power needed to develop training plans

D. LEARNING OUTCOMES (General)
   1. The learner demonstrate the safety standards, fundamentals, techniques, and strategies of strength
      training, and integrate them into a personal program plan.
   2. The learner apply fundamental knowledge of benefits, adaptations, and principles to resistance
      training programs.
   3. The learner identify appropriate muscle, movements, and joint actions executed through various
      exercises.

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

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted