A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 1
Lab Hours/Week: 2
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course provides the student with skills, knowledge, and measurable improvement in his/her personal physical fitness level in preparation for the physical demands of various occupations. Emphasis is placed upon lab activities that provide training in strength and conditioning for various job requirements. Spinal stability is a key focus point in this course.

B. COURSE EFFECTIVE DATES: 01/10/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Summarize and define the primary components of a physical fitness conditioning program that will address the physical demands of the workplace for your profession.
2. Explain the anatomical and physiological principles that govern spinal stability and subsequent mobility.
3. Perform assessments related to the goals of the physical demands required of your profession.
4. Perform total body muscular strength, power and muscular endurance exercises.
5. Perform cardiorespiratory endurance training exercises.
6. Perform spinal stability exercises
7. Perform mobility and flexibility exercises.

D. LEARNING OUTCOMES (General)

1. The learner will understand the principles of training that govern strength development.
2. The learner will practice and perform baseline testing to determine current physical condition.
3. The learner will practice and perform a meso-cycle of total body conditioning.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted