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