Alexandria Technical and Community College

PHED 1401: Strength Training for Life

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 as well as self-guided personal program plans that will enable them to apply these concepts throughout their lifetime.

B. COURSE EFFECTIVE DATES: 10/02/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Explore concepts of strength training using different types of resistance formats.
2. Learn and practice proper technique for strength exercises.
3. Implement methods of objectively evaluating lifting programs for measuring strength, muscular endurance, and power needed to develop personal program plans.

D. LEARNING OUTCOMES (General)

1. Demonstrate the safety standards, fundamentals, techniques, and strategies of strength training, and utilize them in a personal fitness plan.
2. Apply fundamental knowledge of benefits, adaptations, and principles to strength training programs.
3. Identify appropriate muscles, 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