

MASTER COURSE OUTLINE

A. PHED 1115 TRX (Total Body Resistance Exercise) Circuit

B. COURSE DESCRIPTION:

This course will provide students with a full body work out using the TRX suspension trainer system. TRX aims to develop strength, balance, flexibility and core stability. This complete body workout burns calories, tones, builds strength and muscular endurance.
(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Introduction to TRX
- Fundamentals of TRX suspension training
- Basic TRX exercises and proper execution
 - posture
 - movement
 - core
 - balance
 - flexibility
- Importance of resistance training
- Cardiorespiratory training
- Avoiding musculoskeletal injury

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
* <u>Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive and conscious of possible bias in the information selected.	The student will successfully 1. incorporate appropriate exercises for targeted muscular workout.

<u>CS</u>	demonstrate fundamentals of TRX for muscular gains and injury prevention.	1. perform correctly fundamental exercises to target areas.
<u>CS</u>	understand basic terminology for TRX exercise instruction for functional fitness gains.	1. apply basic terminology cues to correct strap adjustments for optimal exercise performance.
<u>CS</u>	understand how balance, flexibility, posture, core strength, and cardiorespiratory exercise affects the body.	1. describe the benefits and advantages of TRX training for improved posture, balance, flexibility, core strength and cardiorespiratory exercise.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 03/28/24

AASC Approval date: 03/21/17; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland’s MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland