



MASTER COURSE OUTLINE

A. PHED 2270 Concepts of Strength & Conditioning

B. COURSE DESCRIPTION:

This course will prepare students to apply scientifically sound principles to strength and conditioning programs as fitness field professionals. All health and skill related components of fitness will be assessed and applied to different training methods. Students will learn appropriate exercise program design, safe exercise technique, and assessment for client strength and conditioning improvement. Content covered will help prepare students for personal trainer certification through one of the national credentialing associations.
(2 Cr – 1 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:

- Functions of the neuromuscular & cardiopulmonary systems
- Energy systems & physiological adaptations to training
- Communication and teaching techniques
- Essentials of warming up
- Aerobic exercise
- Anaerobic exercise
- Resistance training
- Cardiorespiratory training
- Testing, evaluation and program design

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,	The student will successfully 1. demonstrate ability to analyze and identify strength and

	clear, comprehensive, and conscious of possible bias in the information selected.	conditioning needs and select aerobic and anaerobic exercises accordingly.
<u>CS</u>	identify specific needs of clients or athletes as it applies to overall fitness.	1. demonstrate ability to evaluate individuals' specific needs and apply accordingly to each fitness program.
<u>CS</u>	plan three 30-minute progressive exercise sessions.	1. lead peers in a 30-minute planned exercise session.
<u>CS</u>	how anaerobic and aerobic exercise affects the following systems: muscular, cardiovascular, and respiratory.	1. plan a fitness program and implement appropriate aerobic and anaerobic exercises based on client's goal and fitness level.

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: 10/05/10; 03/19/18; 03/28/24

AASC Approval date: 04/17/18; 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