

# MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

## COURSE OUTLINE

**DEPT. PHED**

**COURSE NUMBER: 1140**

**NUMBER OF CREDITS: 2**

**Lecture: 0 Lab: 2 OJT: 0**

<b>Course Title:</b>
Body Conditioning

<b>Catalog Description:</b>
Body conditioning is designed to teach students basic techniques for effective weight training, while utilizing body weight, machines and free weights to assist students in becoming physically stronger. The student will also be exposed to basic anatomy and physiology principles regarding warm-up, stretching and body musculature.

<b>Prerequisites or Necessary Entry Skills/Knowledge:</b>
None

**FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)**

- ☐ Goal 1: Communication: By meeting the following competencies:
- ☐ Goal 2: Critical Thinking: By meeting the following competencies:
- ☐ Goal 3: Natural Sciences: By meeting the following competencies:
- ☐ Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- ☐ Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- ☐ Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- ☐ Goal 7: Human Diversity: By meeting the following competencies:
- ☐ Goal 8: Global Perspective: By meeting the following competencies:
- ☐ Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- ☐ Goal 10: People and the Environment: By meeting the following competencies:

<b>Topics to be Covered</b>
Fundamental skills, history and safety of weight training.
How the structure, physiological, and performance effects of weight training.
How to improve physical fitness through the use of both weight training and cardiovascular training.
To guide students in planning an individualized weight training program.
Goal setting
Time management

<b>Student Learning Outcomes</b>
Identify the major benefits of weight training as it relates to lifetime fitness and sport performance.
Describe and explain an understanding the proper weight training and spotting techniques with free weights and resistance machines for the major muscle groups.
Demonstrate proper spotting techniques for all lifts and exercises.
Emphasize proper cleanliness procedures for the workout areas.
Demonstrate time management.
Demonstrate proper stretching techniques for the beginning and end of all workouts.
Describe the proper safety procedures as they relate to all physical activity.

<b>Is this course part of a transfer pathway: Yes   <input type="checkbox"/>   No   <input checked="" type="checkbox"/></b>
<small>*If yes, please list the competencies below</small>

Revised Date: 12/11/2020