

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 2140

NUMBER OF CREDITS: 2

Lecture: 1 Lab: 1 OJT: 0

Course Title:
Theory and Technique of Body Conditioning

Catalog Description:
Theory and Technique of Body Conditioning teaches methods and techniques of physical conditioning. Includes the use of theory in designing different fitness programs.

Prerequisites or Necessary Entry Skills/Knowledge:
PHED 1130, PHED 1140 or consent of instructor.

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:

Topics to be Covered
Fundamental skills, history and safety of weight training
Physiological, and performance effects of weight training
Improve physical fitness through the use of both weight training and cardiovascular training.
To guide students in planning an individualized weight training program.
Time management
Goal setting
Digestive, circular, and respiratory systems
Nutrition

Student Learning Outcomes

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.

Develop a weight training program that will meet the needs of an individual's interested in personal fitness, health concerns, physical disabilities or other limitations. or for multiple student athletes who are involved in various sports.

Develop training programs for multiple students who are involved in various sports programs.

Time management.

Explain how to select and modify weight training and fitness activities to allow participation by children, the elderly, and those with special needs.

Describe the proper safety procedures as they relate to all physical activity.

Describe and explain body systems and how they relate to cardiovascular and respiratory conditioning.

Demonstrate proper spotting techniques for all lifts and exercises.

Is this course part of a transfer pathway: Yes ☐ No ☒

***If yes, please list the competencies below**

Revised Date: 12/11/2020