Faculty is required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. PHED COURSE NUMBER: PHED 1165

NUMBER OF CREDITS: 1

COURSE TITLE: Fitness for Acceleration

CATALOG DESCRIPTION: Provides a high intensity aerobic program focusing on sport specific movements. It aims to teach proper mechanics to prevent injury in physical activities as well as developing or enhancing ones quickness, plyometrics, and coordination. The program also benefits cardiovascular, muscle toning, and fitness goals.

AUDIENCE: students

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Area: by meeting the following competencies:
Area: by meeting the following competencies:
Area: by meeting the following competencies:

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: none

LENGTH OF COURSE: semester

THIS COURSE IS USUALLY OFFERED:
Every other year ☐ fall ☑ spring ☑ summer ☐ undetermined ☐

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The academic objectives of this course are:
   a. Students will learn proper techniques for athletic maneuvers
   b. Students will gain knowledge in enhancing aerobic fitness, quickness, and sports specific movements

2) THINKING SKILLS: This course will help students improve the effectiveness of their thinking skills through:
   a. Students will be able to perform drills with the correct techniques needed
   b. Quick decisions on proper athletic mechanics during drills

3) COMMUNICATIONS SKILLS: This course will help students improve their oral and written communication skills through:
   a. Communication among classmates and instructors
4) HUMAN DIVERSITY: This course will help students recognize, understand, and appreciate human diversity through:
   a. Being able to recognize various learning styles and adjusting to those needs
   b. Students will also be able to work with various levels of ability

TOPICS TO BE COVERED:
   Proper mechanics of sports specific movements
   Philosophy of sports specific movements
   Cardiovascular fitness and aerobic goals
   Quickness and plyometric training

LIST OF EXPECTED COURSE OUTCOMES:
Student will learn proper technique of sport specific movements
Student will enhance their knowledge of aerobic fitness
Student will gain an understanding of plyometric and quickness training

LEARNING/TEACHING TECHNIQUES used in the course are:
- Collaborative Learning
- Student Presentations
- Creative Projects
- Lecture
- Demonstrations
- Lab
- Problem Solving
- Interactive Lectures
- Individual Coaching
- Films/Videos/Slides
- Other (describe below)

ASSESSMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Oral Presentations
- Textbook Problems
- Group Problems
- Other (describe below)
- Tests
- Worksheets
- Papers
- Term Paper
- Individual Projects
- Collaborative Projects
- Portfolio

EXPECTED STUDENT LEARNING OUTCOMES:
Student will learn proper technique of sport specific movements
Student will enhance their knowledge of aerobic fitness
Student will gain an understanding of plyometric and quickness training

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.
Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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