DEPT. Physical Education COURSE NO. 1140

NUMBER OF CREDITS: 2

COURSE TITLE: Body Conditioning

CATALOG DESCRIPTION: Emphasizes body conditioning through weight training and physical training.

AUDIENCE: 2-3 o’clock

FULFILLS MN TRANSFER CURRICULUM AREA (S) (Leave blank if not applicable)
Area N/A : by meeting the following competencies:
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PREREQUISITES OR NECESSARY ENTRY SKILLS / KNOWLEDGE: N/A

LENGTH OF COURSE: One Semester

THIS COURSE IS UNUALY OFFERED:
Every other year Fall X Spring X Summer Undetermined

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

1) ACADEMIC CONTENT:
   This course is to teach students about conditioning and how they relate to anaerobic conditioning in a safe program. Lifetime nutrition requirements will be discussed. Students will learn how to perform chosen activities during a weekly program.

2) THINKING SKILLS:
   The students will develop a self-anaerobic activity program. The program will include Long and Short term goals, anaerobic activities, time line objectives, and personal nutritional goals. Students will read and report on journal articles that relate to fitness programs.

3) COMMUNICATIONS SKILLS:
   Students will journal all the experiences, do monthly progress reports.

4) HUMAN DIVERSITY:
   Student programs are to be designed into their normal daily lives and scheduled around work/school. Programs are to be designed according to real world work situation. Students at the completion of course should be able to develop a personal safe anaerobic program.
TOPICS TO BE COVERED:

Weight training; anaerobic activities; goal setting; problem solving; time management; and Nutrition

LEARNING/TEACHING TECHNIQUES used in the course are:

- X Collaborative Learning
- ___ Student Presentations
- X Creative Projects
- X Project Critiques
- X Lecture
- X Demonstrations

- X Problem Solving
- X Interactive Lectures
- X Individual Coaching
- ___ Films/ Videos
- ___ Lectures
- X Labs/ Activity performance
- ___ Other: Journaling

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

- X Reading
- ___ Oral Presentations
- ___ Textbook problems
- ___ Group Problems
- X Other: Journal article reports and daily journals

- X Tests
- X Worksheets
- X Papers
- ___ Term Paper
- ___ Other: Writing Portfolio

- X Individual Projects
- ___ Collaborative Projects
- ___ Writing Portfolio
- ___ Art Portfolio

Calendar of Assignments, Exams, due dates, etc.:

Calendar will be determined according to semester schedule

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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