Faculty are 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 Collegewide Curriculum Committee.

DEPT.: PHED                                      COURSE NO.: 2140

NUMBER OF CREDITS: 2

COURSE TITLE: Theory and Technique of Body Conditioning

CATALOG DESCRIPTION: Teaches methods and techniques of physical conditioning. Includes the use of theory in designing different programs.

AUDIENCE:

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: PHED 1140, PHED 1130, or consent of instructor.

LENGTH OF COURSE: 1 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: This course is to teach students about the body systems and how they relate to anaerobic and aerobic conditioning in a safe/combined program. Lifetime nutrition requirement will be discussed. Students will learn to perform different activities and are expected to use them during weekly programs.

2) THINKING SKILLS: Students will develop a self-anaerobic/aerobic activity program. The program will include long and short-term goals, aerobic and 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 experiences, do monthly progress reports, and provide a semester final report/speech to fellow students on the success or failure of their personally developed programs.

4) HUMAN DIVERSITY: Students’ programs are to be designed into their normal daily lives and scheduled around work and school. Programs are to be designed according to real world work situations. Students at the completion of this course should be able to create a safe fitness program for themselves or someone else.
TOPICS TO BE COVERED: Respiratory, circular, and digestive systems; goal setting, problem solving, time management, and nutrition.

LIST OF EXPECTED COURSE OUTCOMES: See above under goals

LEARNING/TEACHING TECHNIQUES used in the course are:

- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Demonstrations
- Other (describe below)
- Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

- Reading
- Tests
- Individual Projects
- Oral Presentations
- Worksheets
- Collaborative Projects
- Textbook Problems
- Papers
- Portfolio
- Group Problems
- Term Paper
- Other (describe below)

EXPECTED STUDENT LEARNING OUTCOMES:

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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