MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

DEPT. Physical Education           COURSE NUMBER: 2140

NUMBER OF CREDITS: 2   Lecture: 1   Lab: 1

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.

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:

Prerequisites or Necessary Entry Skills/Knowledge:
PHED 1140 or 1130 or consent of instructor.
### Topics to be Covered (General)

| 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

1. Identify the major benefits of weight training as it relates to lifetime fitness and sport performance
2. Describe and explain an understanding the proper weight training and spotting techniques with free weights and resistance machines for the major muscle groups.
3. 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.
4. Develop training programs for multiple students who are involved in various sports programs.
5. Time management
6. Explain how to select and modify weight training and fitness activities to allow participation by children, the elderly, and those with special needs.
7. Describe the proper safety procedures as they relate to all physical activity.
8. Describe and explain body systems and how they relate to cardiovascular and respiratory conditioning.
9. Demonstrate proper spotting techniques for all lifts and exercises.

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

*If yes, please list the competencies below*

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Revised Date: 01-11-2020