STRENGTH TRAINING — EXER 1020

A. Course Description

- Credits: 2.00
- Lecture Hours/Week: 1.00
- Lab Hours/Week: 1.00
- OJT Hours/Week: 0
- Prerequisites: None
- Corequisites: None
- MnTC Goals: None

This course is an introductory course to strength or resistance training. Students will perform more than four different workouts during the course of the semester designed for various levels of resistance training expertise. Topics covered during lecture include: skeletal and muscular anatomy and physiology, program design, lifting safety, weight room etiquette, and strength plateaus.

B. Course Effective Dates: 1/17/02 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

1. Create resistance training programs for novice, intermediate, and advanced lifters
2. Describe techniques for overcoming strength plateaus
3. Differentiate between different types of muscle contractions
4. Differentiate between program design variables for different training outcomes
5. Explain the basic functions of skeletal anatomy
6. Explain the basic principles of muscular physiology
7. Identify components of muscular anatomy
8. Identify components of skeletal anatomy
9. Illustrate the sliding filament theory of muscle contraction
10. Recognize the signs of overtraining

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment
As noted on course syllabus

G. **Special Information**

None noted