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 designed to teach students the numerous methods involved in the training of individuals and athletes in order to develop conditioning to achieve a desired effect. The course will focus on training students to become proficient in the use of plyometric exercise as well as spring mechanics, speed development, flexibility training, aerobic maintenance, and agility work. Specificity toward skills to be developed will be emphasized.

B. Course Effective Dates: 8/21/03 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

1. Apply techniques to teaching and instructing situations
2. Demonstrate instructional capabilities by aiding instructor in the operation of strength training clinics and seminars
3. Learn basic plyometric drills
4. Learn concepts of sprint mechanics and running efficiency
5. Learn different methods of aerobic and anaerobic conditioning
6. Learn explosive training for sport and competition
7. Learn medicine ball, kettleball, and stability ball techniques
8. Learn pre-workout stretching and warm-up
9. Learn program design for general and specific conditioning, as well as performance enhancement
10. Learn safety procedures for training
11. Understand the concept of specificity of training
12. Understand the principals behind plyometric exercise
E. **Minnesota Transfer Curriculum Goal Area(s) and Competencies**

F. **Learner Outcomes Assessment**
   
   As noted on course syllabus

G. **Special Information**
   
   None noted