

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE

Course Outline

Course Title: Conditioning for Athletics
Semester Course Prefix and Number: PHED 1410
Old Quarter Course Prefix and Number:

Submitted By: Tom Stackpool
Approval Date: March 2007
Revision Date:

Number of Credits: 1
Semester(s) Offered: F & S
Class Size: 25
(Must be approved by AASC or SGC)

Number of Lecture Credits: 0
Number of Lab Credits: 1 **Number of Lab Hours:** 2
Number of Studio/Demonstration/Internship Credits:

Course Purpose Code:

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) (e.g. computer science, health, physical education)
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements or intended for transfer.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This course allows for students to engage in physical fitness conditioning for interscholastic sports. Students are required to participate actively in an athletic conditioning program which is sport specific that will increase strength as well as aerobic capacity through a variety of activities. The student will build an understanding of sport specific training principles using various training methods. Overall, the course will help develop and prepare students to compete in interscholastic sports.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Physical Education Majors

This course can be used as an elective for Physical Education.

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:

(Notes: No more than two goals may be met by any one course. Curriculum Committee review and the Chief Academic Officer's approval are required.)

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| 0. <input checked="" type="checkbox"/> None | 6. <input type="checkbox"/> The Humanities and Fine Arts |
| 1. <input type="checkbox"/> Communications | 7. <input type="checkbox"/> Human Diversity |
| 2. <input type="checkbox"/> Critical Thinking | 8. <input type="checkbox"/> Global Perspectives |
| 3. <input type="checkbox"/> Natural Sciences | 9. <input type="checkbox"/> Ethical and Civic Responsibility |
| 4. <input type="checkbox"/> Mathematical/Logical Reasoning | 10. <input type="checkbox"/> People and the Environment |
| 5. <input type="checkbox"/> History and the Social and Behavioral Sciences | |

Learning Outcomes: (including any relevant competencies listed in the Minnesota Transfer Curriculum)

1. Students will assess fitness components for muscular strength, muscular endurance, aerobic conditioning, flexibility and body composition.
2. Students will be able to create a sport specific fitness program.
3. Students will discuss the nutritional needs of an athlete.
4. Students will demonstrate proper skill for developing power, speed and quickness.
5. Students will log 30 workout sessions lasting 60-90 minutes that show progression and development.
6. Students will show improvement in aerobic and muscle fitness.

Student Assessment Methods:

1. Proper completion of the skills.
2. Written assignments
3. Participation

Use of Instructional Technology: (includes software, interactive video and other instructional technologies):

Outline or Statement of Major Course Content:

1. Basics of fitness
2. Creating sport specific conditioning program.
3. Advanced techniques of aerobic training and muscle fitness.
4. Advanced weight training lifts.
5. Fundamentals of speed workouts.
6. Fundamentals of power workouts
7. Fundamentals of footwork and quickness.
8. Aerobic conditioning
9. Anaerobic conditioning
10. Flexibility training
11. Muscular coordination and motor learning.
12. Hand-eye coordination

Additional Special Information: (special fees, directives on hazardous materials, etc.) None

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

All MNSCU will accept as PE credit

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office

Copies: Curriculum Committee Chair, AASC Chair, Transfer Specialist, Originating Faculty Member, Scheduler, Records, Student Services, Learning Center, Library

Revised: October 2006