
SECTION HEADING

PHED 1140: Body Conditioning

Description

Body conditioning is designed to teach students basic techniques for effective weight training, while utilizing body weight, machines and free weights to assist students in becoming physically stronger. The student will also be exposed to basic anatomy and physiology principles regarding warm-up, stretching and body musculature.

Credits

2

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Fundamental skills, history and safety of weight training.
2. How the structure, physiological, and performance effects of weight training.
3. How to improve physical fitness through the use of both weight training and cardiovascular training.
4. To guide students in planning an individualized weight training program.
5. Goal setting
6. Time management

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. Demonstrate proper spotting techniques for all lifts and exercises.
4. Emphasize proper cleanliness procedures for the workout areas.
5. Demonstrate time management.
6. Demonstrate proper stretching techniques for the beginning and end of all workouts.
7. Describe the proper safety procedures as they relate to all physical activity.

Credit Details

Lecture: 0

Lab: 2

OJT: 0

MnTC Goal Area(s): None