

Common Course Outline for: EXSC 1104 Boot Camp

A. Course Description

1. Number of credits: 1
2. Lecture hours per week: 1
Lab hours per week: *None*
3. Prerequisites: *None*
4. Co-requisites: *None*
5. MnTC Goals *None*

This course includes bootcamp style training principles and programming. It is designed to utilize training techniques to improve and progress to a higher level of aerobic capacity, as well as focus on the benefits of strength and flexibility related to fitness. Graduated speed, agility and plyometric training will also be utilized.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. Workouts including outdoor and indoor routines.
2. Focus on appropriate biomechanics and techniques while performing activities.
3. Cardiovascular conditioning, in conjunction with strength, flexibility, sport conditioning, core training, speed, agility and plyometric training

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Complete a variety of work outs and fitness activities
2. Apply appropriate techniques during work outs
3. Apply training principles while performing activities
4. Identify major muscle groups utilized during work outs.
5. Describe appropriate stretching techniques for various muscles.
6. Utilize ACSM guidelines for determining target heart rate training zones and monitoring exercise intensity during daily exercise.

E. Methods for Assessing Student Learning

Students will be subjectively evaluated with regard to their class participation, effort and exercise performance with a pre and post fitness assessment. Assignments, articles and web searches will also contribute to their final grade.

F. Special Information None