

Minnesota State University Moorhead

PE 202: Strength and Conditioning Exercise Techniques

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The purpose of this course is to understand the techniques (lifting, breathing, spotting) involved in properly performing strength and conditioning exercises.

B. COURSE EFFECTIVE DATES: 08/25/2008 - 02/02/2022

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted