

# Minnesota State University Moorhead

## EXS 402: Strength and Conditioning Practicum

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 3

OJT Hours/Week: \*.\*

Prerequisites:

EXS 202 - Strength and Conditioning Exercise Techniques AND EXS 302 - Strength and Conditioning Program Design

Corequisites: None

MnTC Goals: None

This course is designed to provide students the opportunity to apply the principles of strength and conditioning training under the supervision of strength and conditioning specialists.

**B. COURSE EFFECTIVE DATES:** 04/14/2022 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. At the end of the strength and conditioning practicum, you should have practical experience in designing and implementing strength and conditioning. The student will understand the roles and responsibilities of a personal trainer by either shadowing a personal trainer or through hands on experiences under the supervision of a personal trainer.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted