

# Bemidji State University

## PHED 3090: Sport Physiology

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Emphasis on conditioning athletes including body composition, nutrition, cardiovascular fitness, flexibility, strength and other conditioning issues as related to sport training and participation. This course is designed primarily for non-PE majors who are interested in the coaching specialist program.

**B. COURSE EFFECTIVE DATES:** 08/16/2005 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Training: Definitions, Principles
2. Individual Response to Training
3. Defining/Assessing Muscular Fitness
4. Developing Muscular Fitness
5. Anaerobic & Aerobic Energy System
6. Cardiorespiratory System
7. Assessing Energy Fitness
8. Children & Adolescents
9. Developing Energy Fitness
10. Developing Training Programs
11. Gender
12. Nutrition
13. Performance and Health

### D. LEARNING OUTCOMES (General)

1. demonstrate the ability to plan a season and generate a daily practice plan which includes warm-up, formal activities and conditioning for a sport of interest to the student.
2. understand the acceptable nutritional practices for athletes.
3. understand the methods for endurance, sprint, strength, and flexibility training.
4. understand the physiological basis of training.
5. understand the physiological changes in the body, which occur with exercise, both acutely and in response to a training program.
6. understand the principles, organization, and planning of training.

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

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted