

# Minnesota State University Moorhead

## PE 302: Strength and Conditioning Program Design

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites:

- PE 202 - Strength and Conditioning Exercise Techniques

Corequisites: None

MnTC Goals: None

The purpose of this course is to design strength and conditioning training programs that are safe, effective, and maximize athletic performance.

**B. COURSE EFFECTIVE DATES:** 08/25/2008 - Present

### 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