

# Minnesota State University Moorhead

## PE 402: Strength and Conditioning Practicum

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: 3

OJT Hours/Week: \*.\*

Prerequisites:

- PE 202 - Strength and Conditioning Exercise Techniques AND PE 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:** 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