PE2145 - Advanced Strength Training

Credits:	1 (0/1/0)
Description:	This course is designed for students who have an advanced knowledge and skill of strength training. Students will be expected to employ safety in the weight room. Students will develop a needs analysis plan that includes best training practices and goals. Students also will construct a principles of progression outline and develop and implement an individual strength training program that can be documented for progression of training and measurement of goals.
Prerequisites:	• PE1141
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Develop an expanded personal strength training program. 2. Accurately record physical improvement. 3. Predict strength training goals and assess accuracy at the conclusion of the course. 4. Demonstrate best practices and techniques for strength training.
MnTC goal areas:	None

**Can be taking as a Prerequisite or Corequisite.*

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