

## 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 <sup>*</sup> :	
Competencies:	<ol> <li>Develop an expanded personal strength training program.</li> <li>Accurately record physical improvement.</li> <li>Predict strength training goals and assess accuracy at the conclusion of the course.</li> <li>Demonstrate best practices and techniques for strength training.</li> </ol>
MnTC goal areas:	None

\*Can be taking as a Prerequisite or Corequisite.