

# Minnesota State University Moorhead

## EXS 202: Strength and Conditioning Exercise Techniques

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

The purpose of this course is to understand the techniques (lifting, breathing, spotting) involved in properly performing strength and conditioning exercises.

**B. COURSE EFFECTIVE DATES:** 02/03/2022 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Safety Guidelines
  - a. -Spotting Guidelines
  - b. -Breathing Guidelines
  - c. -Exercise Techniques (free weights/machines)
2. Power/Explosive (total body)
3. Hip/Thigh (multi and single joint)
4. Upper Back (multi joint)
5. Chest (multi joint)
6. Shoulder (multi and single joint)
7. Biceps (single joint)
8. Triceps (single joint)
  - a. -Core Exercises
  - b. -Balance Exercises
  - c. -Stability Ball Exercises
  - d. -Plyometric Exercises
  - e. -Agility, Speed and Quickness Drills

### D. LEARNING OUTCOMES (General)

1. Understand the general safety guidelines to promote safe exercise technique.
2. Discuss the guidelines and methods for spotting used during resistance training.
3. Perform proper breathing technique for resistance training exercise.
4. Demonstrate proper exercise technique for resistance training exercise.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

None noted