

NORTHERN NEW MEXICO COLLEGE



Course Number Course Name	PHED 1460, Conditioning Exercises
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Various exercises designed to promote endurance, strength, flexibility, and general physical fitness. (1, 0T+1S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will:</p> <ol style="list-style-type: none"> 1. Describe and apply the concepts of resistance and cardiovascular training. 2. Demonstrate an understanding of warm-up and cool-down exercises. 3. Develop and implement an individual exercise program that fits the need, health, and lifestyle of the participant. 4. Describe and apply the FITT principle (Frequency, Intensity, Time, and Type). 5. Demonstrate knowledge of common sports injuries specific to conditioning. 6. Demonstrate the ability to self-assess present physical fitness level and compare to normative data.
College-Wide Student Learning Outcomes	<p>PHED 1460 learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> • <i>Students are required to work with distinct cultures and identities</i>