

NORTHERN NEW MEXICO COLLEGE



Course Number Course Name	PHED 1460, Power Conditioning I
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	A conditioning course emphasizing aerobics, weight training and cardiovascular conditioning. (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. Use aerobic exercises to improve cardiovascular conditioning. 2. Use weight training to improve muscular strength. 3. Discuss health advantages of weight training and aerobic exercises.
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>