

NORTHERN NEW MEXICO COLLEGE



Course Number Course Name	PHED 2460, Power Conditioning II
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	This is an advanced cardiovascular conditioning course, utilizing weight training, aerobics, and exercise equipment. Prerequisite: PHED 1460. (1, 0T+1S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will learn to :</p> <ol style="list-style-type: none"> 1. Safely use exercise equipment 2. Use aerobic exercises to improve cardiovascular fitness 3. Use weight training to improve muscular strength 4. Discuss the health advantages of aerobic exercises and muscular development
College-Wide Student Learning Outcomes	<p>PHED 2460, Power Conditioning II 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>