



PHED 1143 Physical Conditioning I

Instructor:

Berlin, Kadie

Contact Information:

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Catalogue Description

Physical conditioning classes are offered to,intercollegiate athletes only. The women's,intercollegiate competition is centered on,basketball, volleyball, and softball. The men's,program includes the sports of basketball and,baseball. Students participating in the,intercollegiate program should register for,physical conditioning under the activity,program.,Enrollment is restricted to first-year student,athletes only.

Term:

Fall 2022

Format of Term:

16 week

End of Course Outcomes:**Course Student Learning Outcomes:**

Upon successful completion of this course, the student will be able to demonstrate the following learning outcomes:

- Increase aerobic and anaerobic capacity
- Increase muscular strength and endurance
- Improve cardiovascular health
- Improve flexibility

Evaluation System:

This course is designed for student-athletes and they will receive credit for participation.

Course Schedule/Topics

This course is designed for student-athletes which will include weekly workouts in the fitness center and on the court/field.

Marketable Skills

- Teamwork-work effectively with others
- Communication
- Personal Responsibility-follow instructions and time management
- Leadership
- Critical Thinking-set realistic goals and priorities