

**Course Outline for:** EXSC 1104 Boot Camp**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Bootcamp-style training principles and programming enhances strength, endurance, and mobility. These workouts are designed using training techniques to improve aerobic capacity, strength, and flexibility related to fitness. Students learn graduated speed, agility and plyometric training.

**B. Date last reviewed/updated:** May 2025**C. Outline of Major Content Areas:**

1. Designing indoor and outdoor workout routines. Appropriate biomechanics and techniques while performing activities.
2. Cardiovascular conditioning, in conjunction with strength, flexibility, sport conditioning, core training, speed, agility and plyometric training.

**D. Course Learning Outcomes:**

Upon successful completion of the course, the student will be able to:

1. Complete a variety of workouts and fitness activities.
2. Apply appropriate techniques during workouts.
3. Recognize training principles while performing activities.
4. Identify major muscle groups utilized during workouts.
5. Describe appropriate stretching techniques for various muscles.
6. Use ACSM guidelines for determining target heart rate training zones and monitoring exercise intensity during daily exercise.

**E. Methods for Assessing Student Learning:**

Methods for assessment may include, but are not limited to, the following:

1. Daily class participation
2. Pre and post fitness assessments
3. Assignments and web searches related to fitness training

**F. Special Information:**

None