I. Catalog Description:
   This course is designed to familiarize prospective coaches with the background necessary to successfully analyze and critique human body movement and also with information needed to positively affect the body’s response to exercise.

II. Course Purpose:
   This course is designed to be an integrated learning experience in understanding the structure and function of the human body and its application to the science of human movement for those students minoring in Athletic Coaching.

   This course helps to fulfill the following NCATE and North Dakota Program Approval Standards and Criteria: 8.20.5, 8.5.4, 8.5.5, 8.6.5., and 8.13.1

III. Course Objectives
   Upon successful completion of the course, the student will:
   1. After completing the course, students will have a working knowledge of the scientific information necessary to satisfy the requirements of the Athletic Coaching Minor.
   2. To enhance relevance to students through interdiscipline integration.
   3. To develop students who are problem-solvers.
   4. To organize material so that students may develop integrated competencies.
   5. To enhance the learning environment through team projects and cooperative learning experiences.

IV. Divisional Abilities:
   Upon completion of this course, students will have made progress towards the following Divisional Abilities:

   1. Problem Solving: (Gathering Information and Problem Recognition Skills)
   2. Communication: (Written and Spoken Skills)

V. Specific Strategies Used to Meet Divisional Abilities:
   Goal 1 and 2:
   The entire class evolves around weekly assignments which require the class to research and report on specific issues given in question form. The format will be as follows:
   The class will be divided into 2 large groups which will be separated into smaller working units. One group will serve as a Research and Reporting Group, while the other will serve as the Reading and Writing Group. The Research and Reporting group will present to the class information on assigned research topics. The Reading and Writing group will be assigned readings that they will abstract as well as participate in a discussion board format. After completion of a round of assignments, each group will rotate functions.
VI. Evaluation:
   1. The student will be evaluated in terms of group presentations, abstracts, discussion board contributions, group evaluations, and two exams.
      A. a 90/80/70/60 grading curve will be used

VII. Topic Outline:
The major course topics will be presented in the following order:
Introduction
Respiratory Exercise Response, Training Adaptations, and Special Considerations
Cardiovascular Responses to Exercise
Cardiorespiratory Training Principles, Adaptations, and Special Considerations
Thermoregulation
Metabolic Training Principles and Adaptations
Skeletal System
Skeletal Muscle System, Contraction, and Human Movement
Muscular Training Principles and Adaptations
Performance Enhancing Substances and Procedures