BARTON COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS

I. GENERAL COURSE INFORMATION

Course Number: MLTR 1765
Course Title: Physical Readiness Training Leader Course
Credit Hours: 3
Prerequisite: None
Division/Discipline: Military Programs
Course Description: This course is designed to provide the students with the knowledge of the Physical Readiness Training Leader Course (PRTLC) program. This course teaches how to lead physical activities and discuss basic human physiological functions specific to exercise science which includes effects of sound training and good nutrition practices for overall improvement of human body health, structure, and function**.**

II. INSTRUCTOR INFORMATION

III. COLLEGE POLICIES

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at disabilityservices@bartonccc.edu**.**

IV. COURSE AS VIEWED IN THE TOTAL CURRICULUM

The primary function of this class will be to serve as a thorough entry level introduction to exercise physiology. Knowledge of the effects of exercise is necessary for a proper understanding of human movement and how human performance may be maximized. This course will assist the students to develop an understanding of how to apply training theories, components, principles, and good health practices for daily living.

V. ASSESSMENT OF STUDENT LEARNING

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies:

A. Develop a physical readiness training program.
   1. Define the philosophy, strategy, and activities of physical readiness training.
   2. Define the principles, phases, and types of physical readiness training.
   3. Define the principles of precision, progression, and integration training.
   4. Describe the components, elements, and phases involved in a training regimen.
   5. Identify qualitative performance factors and how they relate to mobility.

B. Demonstrate and execute training drill activities.
   1. Explain the importance of utilizing various types of drill activities.
   2. Demonstrate starting positions of different exercises, cadences, and counts while executing drill activities.
   3. Identify specific checkpoints and precautions regarding a training drill activity.
   4. Define circuit training.
   5. Explain posture, body mechanics, and the effects of gravity with training drill exercises.

C. Define the structure and function of the human body as it relates to exercise.
   1. Identify all major muscles and bones within the body and their function.
   2. Explain how to minimize injuries and maximize performance.
   3. Describe common injuries, causes, treatment, and prevention methods.
   4. Explain movement and how it may relate to the skeletal and muscular systems.
   5. Distinguish the differences between muscular strength and muscular endurance.
   6. Define types and symptoms of heat and cold injuries as well as altitude

acclimatization.

D. Define how nutrition affects physical performance and body fat content.
    1. Describe the procedure for determining body fat and lean body mass.
    2. Demonstrate and interpret measurements for body composition.
    3. Define required nutrients by classification, characteristic, content, and function.
    4. Identify nutritional value of food items by their type, amount, and purpose.
    5. Discuss fluid replacement needs before, during, and after exercise.

E. Define how aerobic and anaerobic activities affect physiological function.
    1. Distinguish the difference between aerobic and anaerobic training activities.
    2. Identify types of training activities that will target a specific component of fitness.

F. Define major aspects and effects of cardiovascular disease.
    1. Identify risks of cardiovascular disease and some prevention methods.

VI. INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

VII. TEXTBOOKS AND OTHER REQUIRED MATERIALS

VIII. REFERENCES

IX. METHODS OF INSTRUCTION AND EVALUATION

X. ATTENDANCE REQUIREMENTS

XI. COURSE OUTLINE