Bemidji State University

PHED 5160: Advanced Fitness Assessment and Prescription--Aerobic

A. COURSE DESCRIPTION

   Credits: 3
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   Theory and practice of physical fitness assessment for the purpose of prescribing aerobic exercise to adults, both healthy populations and those with special conditions, such as obesity, diabetes, osteoporosis, asthma, hypertension, and heart disease. Prepares students for American College of Sports Medicine (ACSM) Health Fitness Specialist exam as well as other personal trainer certifications. Prerequisite: PHED 5300 or consent of instructor.

B. COURSE EFFECTIVE DATES: 08/03/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

   None

D. LEARNING OUTCOMES (General)

   None

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

   None

F. LEARNER OUTCOMES ASSESSMENT

   As noted on course syllabus

G. SPECIAL INFORMATION

   None noted