

# North Hennepin Community College

## EXSC 2200: Applications of Training

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires any of these three prerequisite categories

1. EXSC 2101 - Concepts of Personal Training

Or

2. PE 2101 - Concepts of Personal Training

Or

3. Both of these

EXSC 2100 - Concepts of Training (Minimum grade: 1.67 GPA Equivalent)

EXSC 2010 - Essentials of Exercise Science (Minimum grade: 1.67 GPA Equivalent)

Corequisites: None

MnTC Goals: None

This course will allow students to devise, apply, analyze, and practice different training strategies based on empirical research that are designed to improve health, wellness, and performance, and to modify lifestyle behaviors. Students will apply specific training methods to individuals based on the results of initial fitness testing and interview while adhering to current training guidelines, principles of training, and current accepted Exercise Science training theories. (1 hour lecture, 2 hours lab)

Prerequisite: EXSC 2100 with a grade of "C" or better

**B. COURSE EFFECTIVE DATES:** 12/15/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Academic Content could include, but is not limited to the applications of: training periodization, principles of fitness, balance training, core training, plyometrics theory and training, cardiovascular training, anaerobic training, trans-theoretical model of behavior change, VO2 max theories and applications, lipid-glucose blood markers, resistance training, exercise science ethics, exercise science business, and training legal obligations.

## **D. LEARNING OUTCOMES (General)**

1. Identify individual's initial health, wellness, and/or performance needs and wants via the application of evaluative fitness testing.  
Personal Training Certificate Goals: 1, 2a, 2b, 2c, 2d, 2e, 3a, and 4  
Wellness Coaching Certificate Goals: 1, 2a, 2b, 2e, 3b, 3c, 3d, and 4  
A.S. in Corporate Wellness Goals: 1, 2a, 2b, 2e, 3b, 3c, 3d, and 4  
NHCC ELOs: 1, 2, 3, and 4
2. Match initial needs and wants of individuals to appropriate training strategies that will produce desired outcome goals.  
Personal Training Certificate Goals: 1, 2a, 2b, 2e, 3b, 3c, 3d, and 4  
Wellness Coaching Certificate Goals: 1, 2a, 2b, 2e, 3b, 3c, 3d, and 4  
A.S. in Corporate Wellness Goals: 1, 2a, 2b, 2e, 3b, 3c, 3d, and 4  
NHCC ELOs: 1, 2, 3, and 4
3. Explain the physiological adaptations expected in response to applying each training strategies introduced during the course (Program goals: 2b, 2e, 3b, 3d NHCC ELO: 2 and 3)  
Personal Training Certificate Goals: 2b, 2e, 3b, 3d  
Wellness Coaching Certificate Goals: 2b, 2e, 3b, 3d  
A.S. in Corporate Wellness Goals: 2b, 2e, 3b, 3d  
NHCC ELOs: 2 and 3
4. Develop and demonstrate effective evaluation strategies to assess training effectiveness and propose modification to training program (if necessary) (Program goals: 1, 2b, 2d, 2e, 2f, 3a, 3b, 3c, and 4)  
Personal Training Certificate Goals: 1, 2b, 2d, 2e, 2f, 3a, 3b, 3c, and 4  
Wellness Coaching Certificate Goals: 1, 2b, 2d, 2e, 2f, 3a, 3b, 3c, and 4  
A.S. in Corporate Wellness Goals: 1, 2b, 2d, 2e, 2f, 3a, 3b, 3c, and 4  
NHCC ELOs: 1, 2, 3 and 4
5. Implement legally, physically, and mentally safe programs that also adhere to NHCC and NASM professional ethics to all individual regardless of age, gender, and race  
Personal Training Certificate Goals: 1, 2b, 2e, 2f, 3b, 3c  
Wellness Coaching Certificate Goals: 1, 2b, 2e, 2f, 3b, 3c  
A.S. in Corporate Wellness Goals: 1, 2b, 2e, 2f, 3b, 3c  
NHCC ELOs: 1, 2, and 3

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

None

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World - Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills - Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement - Including: Civic knowledge and involvement - campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning - Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.