

North Hennepin Community College

EXSC 2110: Advanced Fitness Assessment & Exercise Prescription

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites:

This course requires the following prerequisite

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

Corequisites: None

MnTC Goals: None

This course is designed to expose students to practical application scenarios in which they will conduct risk factor screenings, fitness assessments, and exercise programming (including appropriate progressions, instructions and spotting techniques). The purpose of this course is to facilitate the application of theoretical concepts previously learned; therefore, offering a bridge between theory and practice. Students will also have the opportunity to design, implement, and modify exercise programs for real and/or theoretical clients under direct supervision.

B. COURSE EFFECTIVE DATES: 05/13/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Recognize the physiological responses the body undergoes under acute exercise. (NHCC ELO 2a., 4e.)
2. Evaluate the physiological responses the body will undergo due to chronic exposure to different forms of exercise prescriptions. (NHCC ELO: 2a., 4c., 4e.)
3. Demonstrate the ability to plan, conduct, and analyze exercises tests including, but not limited to: submaximal VO₂, maximal VO₂, resting energy expenditure, anaerobic power, blood lactate and panels, and other field exercise testing. (NHCC ELO: 2e)
4. Match needs and wants of individual clients to select appropriate fitness assessment and training strategies that will produce desired outcome goals. (NHCC ELO: 2e., 4c., 4e.)
5. Design a periodized exercise prescription suited to an individual's fitness capacity and goals. Evaluate the progression of client's goal and develop strategies to maximize adherence, engagement, and motivation. (NHCC ELO: 2e., 4a., 4c., 4e)

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