

North Hennepin Community College

EXSC 2100: Concepts of Training

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 1

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will allow students to research, explore, discuss, and compare different training strategies based on empirical research that are designed to improve health, wellness, and performance, and to modify lifestyle behaviors. Students will comprehend how and when to apply each training method upon distinguishing individual needs and wants of different persons while adhering to current training guidelines, principles of training, and current accepted Exercise Science training theories.

In order to sit for the NASM-CPT exam, it is strongly recommended that students register for both 2010 and 2100 at the same time.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Academic Content could include, but is not limited to: 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. Be able to predict individual responses to exercise training based on fitness and health levels, age, and gender.
Personal Training Certificate Goals: 1, 2b, 2e, 3b, 3c, 3d, and 4
Wellness Coaching Certificate Goals: 1, 2b, 2e, 3b, 3c, 3d, and 4
A.S. in Corporate Wellness Goals: 1, 2b, 2e, 3b, 3c, 3d, and 4
NHCC ELOs: 1, 2, 3, and 4
2. 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
3. Outline 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
4. Interpret how to facilitate rapport, adherence, self-efficacy, and behavior change in clients, as well as how to design programs that aim to assist clients in improving posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength.
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

None noted