Alexandria Technical and Community College

HEFI 1602: Training Principles & Methodology II

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 2
Lab Hours/Week: 2
OJT Hours/Week: *.*

Prerequisites:
This course requires the following prerequisite
   HEFI 1601 - Training Principles & Methodology I (Number of Years Valid: 5)

Corequisites: None

MnTC Goals: None

This course is a continuation of Training Principles & Methods I; providing students with additional preparation for design and application of health/fitness related programs. Students will review basic exercise science, principles, and systems and their relevance to designing cardiovascular, resistance, power, and flexibility training programs. Skills and competence in creating and evaluating fitness programming will be improved; with an emphasis on understanding training theory and methods of exercise. Skill in determining proper prescription of exercises in program design; including appropriate selection, purpose/intent, frequencies, volumes, and intensities, will be developed. Students will examine and design fitness training programs selecting specific systems of implementation. Basic assessment procedures and physical testing modalities will be studied. Client interaction techniques and procedures will be introduced. Students will participate in outside practicum hours (for credit) as directed. Prerequisite: HEFI1601.

B. COURSE EFFECTIVE DATES: 01/11/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Review training principles, theory, anatomy, biomechanics, and physiology.
2. Study training methodology, components and procedures for training program design
3. Introduce, analyze, and practice the Olympic lifts.
4. Identify the various responses/benefits to all modes of training.
5. Identify the acute variables of training and their manipulation in program design.
6. Research the three primary energy systems of the body and understand their implication in program design.
7. Examine and compare various types of flexibility and mobility training.
9. Introduce reactive training and develop an understanding for the stretch-shortening cycle.
10. Consider the procedure and process of exercise program design.
11. Introduce the client interaction process.

D. LEARNING OUTCOMES (General)

1. demonstrate an understanding and implementation protocols for client assessment, consultation and risk factor assessment.
2. demonstrate knowledge, skills and abilities in selecting, administering and interpreting standard fitness testing protocols
3. demonstrate knowledge, skills and abilities in the selection and performance of machine and free weight resistance exercises.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted