HEFI 1615: Program Design & Application I

A. COURSE DESCRIPTION

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

Prerequisites:
This course requires all three of these prerequisites
- HEFI 1601 - Training Principles & Methodology I (Number of Years Valid: 5)
- HEFI 1612 - Anatomy, Biomechanics, & Exercise Physiology II (Number of Years Valid: 5)
- HEFI 1605 - Cardiovascular & Group Fitness Training: Principles & Practices (Number of Years Valid: 5)

Corequisites: None
MnTC Goals: None

This course will provide students with preparation for design and application of health/fitness related programs for clients of general population. A procedure for client interaction and record keeping will be presented; students will create personal materials to facilitate the process. Basic exercise science and its relevance to program design will be reviewed, and various training modalities examined. Students will analyze existing training systems and programs; and practice designing specific programs of their own. Emphasis will be placed on understanding the process, considerations and philosophies involved in training program procedure, including reviewing client history, setting goals, assessment, evaluation, design and implementation. Specific aspects of comprehensive training for general populations will also be covered. Class will support preparation for NASM certification. Prerequisites: HEFI1601, HEFI1602, HEFI1611, HEFI1612 and HEFI1605.

B. COURSE EFFECTIVE DATES: 08/27/2007 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Practice program designs for Kettlebell Training.
2. Design appropriate health and fitness related programming for specific situations using case studies.
3. Explain client interaction process; develop materials to be used in this process.
4. Initiate first year student mentorship program; establish contact with practice clients.
5. Introduce process of obtaining necessary client information, including health and medical background, injury history, goal setting, schedule, and training background/readiness.
6. Research and analyze various systems of program design and application.
7. Review previously learned physical assessments, introduce additional assessment types and practice implementation procedures.
8. Review resistance, flexibility/mobility, stability, and cardio exercise; utilize various modes and types in program design.
9. Study of fundamental principles, theory, and methodology of program design; apply concepts in design of fitness programs.
D. LEARNING OUTCOMES (General)
1. have the entry-level skills and competencies required to setup, conduct and analyze results of standardized pre-program fitness testing protocols.
2. have gained and knowledge and practice in program design variables, components and the NASM OPT Training model for exercise programming, along with the concept of “periodization.”
3. have gained skills and knowledge in the application and implementation of Annual Program Designs for typical General Population clients.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
None

F. LEARNER OUTCOMES ASSESSMENT
As noted on course syllabus

G. SPECIAL INFORMATION
None noted