Alexandria Technical and Community College

HEFI 2604: Program Design & Application II

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 1
Lab Hours/Week: 2
OJT Hours/Week: *.*

Prerequisites:
This course requires all five of these prerequisites
HEFI 1601 - Training Principles & Methodology I (Number of Years Valid: 5)
HEFI 1602 - Training Principles & Methodology II (Number of Years Valid: 5)
HEFI 1612 - Anatomy, Biomechanics, & Exercise Physiology II (Number of Years Valid: 5)
HEFI 1615 - Program Design & Application I (Number of Years Valid: 5)
BIOL 1416 - Essentials of Anatomy and Physiology

Corequisites: None

MnTC Goals: None

This course will provide students with preparation for design and application of health/fitness related programs for clients of various populations. Skills and knowledge attained in previous course will be put to practical use in program design. "hands-on" interaction with practice clients, enlisting several individuals, groups and populations, will be emphasized. Clients include mentorship (personal fitness program guidance) with first-year student or students; providing fitness service for practice clients from the school or outside community; and participation in fitness assessment and instruction of selected groups. Working with practice clients will involve all aspects of client interaction, including consultation, goal-setting, assessment, program design, exercise instruction, program review and update. Interactive activities will focus on the techniques and mechanics of exercises specific to health/fitness programming, as well as providing students with hands-on experience in various methods of programming. Coursework will support preparation for professional certification (NSCA-CPT). Classroom activities may include analysis of programs and discussion of training for specific clients. Emphasis will be placed on understanding the process, considerations and philosophies involved in training program procedure, including assessment, evaluation, design and implementation. Prerequisites: BIOL1416, HEFI1601, HEFI1602, HEFI1612, and HEFI1615.

B. COURSE EFFECTIVE DATES: 08/27/2007 - Present
C. OUTLINE OF MAJOR CONTENT AREAS

1. Analyze employer/client expectations; including interaction protocol, scope of practice, liability, and client confidentiality.
2. Mentor first year HEFI student(s); discuss and assist in client interaction procedure. Provide on-going guidance and support.
3. Provide consultation and fitness/exercise specialist service for practice client(s).
4. Review the purpose, necessity, and role of a fitness professional.
5. Assist in goal-setting for mentee(s) and client(s).
6. Design and implement specific fitness programming for mentee(s), client(s) and special groups.
7. Instruct, monitor, and provide feedback on exercise technique for mentee(s), practice client(s) and special groups.
8. Keep accurate and meaningful records of all mentee/client interactions, assessments, goals, and training sessions.
9. Monitor and evaluate training sessions and program implementation.
10. Select and perform appropriate assessments for mentee(s), practice client(s), and special groups.

D. LEARNING OUTCOMES (General)

1. gain skills and knowledge in exercise program design for post cardiac rehabilitation clients.
2. gain skills and knowledge in exercise program design for post rehabilitative low back pain and knee replacement clients.
3. demonstrate skills and knowledge in exercise program design for clients with arthritis, Parkinson’s disease, Diabetes and osteoporosis.
4. gain skills and knowledge in exercise program design for obese 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