Alexandria Technical and Community College

HEFI 1618: Personal Fitness I

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: *.*
Lab Hours/Week: 4
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Participation in the course will ensure establishment of a personal fitness program. Compliance and consistency in implementation of the program are expected, and consequent measurable improvements in personal health and fitness levels will be documented. The course will help students understand the process and procedure of client interaction, and will provide experience in design and application of health/fitness related programs. Personal programs will utilize an established process for program design, demonstrate accepted training principles and methods, help develop a personal philosophy and approach to healthy living and exercise. Compliance will reinforce techniques and mechanics of exercises, as well as provide students with hands-on experience in methods of programming.

B. COURSE EFFECTIVE DATES: 08/22/2011 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Attend scheduled training sessions.
2. Consult with mentor on regular basis to review progress and outcomes.
3. Demonstrate comprehensive training through the use of resistance, cardio, and flexibility/mobility exercises.
4. Design a personalized program of fitness.
5. Determine personal goals for improved health and fitness; record.
6. Experience various modalities and systems of training.
7. Meet with instructor periodically to review performance and measure progress.
8. Perform prescribed exercise, document, and analyze training results.
9. Select and self-administer appropriate physical assessments. Re-assess as necessary.

D. LEARNING OUTCOMES (General)

1. Design and implement required pre-activity assessments, and summarize the date and complete an eight month "periodized" personal fitness program.
2. Complete a micro-cycle phase in stabilization, strength, corrective and cardiovascular exercise protocols.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted