HEFI 1620: Exercise Management for Special Populations I

A. COURSE DESCRIPTION

Credits: 4
Lecture Hours/Week: 4
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 1605 - Cardiovascular & Group Fitness Training: Principles & Practices (Number of Years Valid: 5)
BIOL 1416 - Essentials of Anatomy and Physiology

Corequisites: None
MnTC Goals: None

This course is the first in a series of two courses that provide the learner with introductory skills, knowledge, and abilities in the design and implementation of exercise for special population clients. Focus areas will include an introduction to the pathophysiologies of the most common lifestyle related diseases, appropriate client assessments, exercise program design, and implementation of a therapeutic exercise program. The emphasis will be on problem-oriented exercise management. Prerequisites: HEFI 1601, 1605, and BIOL1416.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Summarize the most common lifestyle related diseases and post-orthopedic conditions that characterize the current definition of the "special populations" client.
2. Outline and explain the multiple comorbidities that are the result of an inactive lifestyle combined with obesity.
3. Describe the practice and protocol for communication and professional relationships with other health care and medical professionals as related to the role of an Exercise Specialist.
4. Design, practice and interpret assessments that are specific for the comorbid special populations client.
5. Design and practice implementation of exercise programming for the most commonly encountered comorbid special populations clients.
6. Outline and describe troubleshooting protocols when challenged with programming that fails to yield results per the original assessments, provided medical guidelines and the goals for the clients.
7. Practice implementation of the current ACSM protocols for clients with cardiorespiratory diseases.
8. Practice implementation of the current ACSM protocols for clients with movement disorders.
9. Practice implementation of the current industry researched protocols for clients with metabolic syndromes.
**D. LEARNING OUTCOMES (General)**

1. The learner will acquire knowledge about the current lifestyle diseases that are affecting a majority of clients presenting for exercise or by medical referral.
2. The learner will acquire skills and knowledge in the areas of inclusive fitness assessments and evaluation of special population clients with a focus on co-morbid factors.
3. The learner will acquire skills and knowledge in the design and implementation of exercise protocols for special 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