Alexandria Technical and Community College

HEFI 2609: Personal Fitness II

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: *.*
Lab Hours/Week: 4
OJT Hours/Week: *.*

Prerequisites:
This course requires the following prerequisite
   HEFI 1618 - Personal Fitness I (Number of Years Valid: 5)

Corequisites: None

MnTC Goals: None

This course is an opportunity for students to reflect on and examine their personal fitness status. Students will analyze current levels of fitness, review personal health history, and set goals for improvement and development. Self-assessments in all components of fitness will be accomplished. All of the information obtained will assist participants in creating a comprehensive overall plan for training. Students will carry out their plan, demonstrating consistency and observing/recording progress and increased physical fitness numbers. Ideally, increased awareness of personal health will be obtained and habits of training will be reinforced or established. The course will progress from and enrich those qualities acquired in Personal Fitness I. Prerequisite: HEFI 1618.

B. COURSE EFFECTIVE DATES: 08/27/2012 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Consistently attend scheduled training sessions.
2. Design a program of fitness training based upon original or revised goals and current re-assessment results. At least two cycles of training will be created.
3. Keep accurate and meaningful records of sessions and training progress; report to instructor as necessary.
5. Perform flexibility/mobility training exercises.
6. Perform resistance training exercises.
7. Perform, report, and analyze assessments. Reassess as necessary.
8. Practice the client interaction process, including identifying pertinent personal information and health history.
9. Recognize need and set goals for personal improvement in overall fitness.

D. LEARNING OUTCOMES (General)

1. Perform advanced strength training and advanced functional movement pattern resistance exercises.
2. Perform lower body strength and all body power exercises.
3. Perform progress evaluations in all the major areas of fitness, establish Annual Program goals, design and submit an intermediate/Advanced Program Design.
4. Perform advanced core and stability training 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