Alexandria Technical and Community College

HEFI 1605: Cardiovascular & Group Fitness Training: Principles & Practices

A. COURSE DESCRIPTION

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

Prerequisites: None
Corequisites: None
MnTC Goals: None

This course provides the learner with skills and knowledge in the area of cardiorespiratory, flexibility and group fitness training protocols and modalities. The course includes instruction in the fundamental principles of physiological adaptations to cardiorespiratory training, along with testing, training applications and an introduction to program design. The Group Fitness instruction includes preparation and presentation of group training sessions along with skills in monitoring technique, choreography, and music selection.

B. COURSE EFFECTIVE DATES: 12/20/2011 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Describe the overall benefits of cardiorespiratory fitness.
2. Explain the role of heart rate monitoring in CR-training.
3. Describe the Karvonen calculated RPE Verification heart rate assessment.
4. Explain the components of VO2 Max testing and post-test training applications.
5. Identify and conduct three VO2 Max assessments.
6. Identify the common group fitness training protocols used in the fitness industry.
7. Explain the principles of design for cardiorespiratory, endurance athletes and group fitness clientele and session applications.
8. Define and explain the concepts of flexibility.
9. Explain the physiological components and principles of adaptation to cardiorespiratory training.
10. Practice specific modes of flexibility training.
11. Define and explain "intensity" as related to cardiorespiratory training applications.
12. Identify and explain the components of a properly designed group fitness exercise session.
13. Practice design, setup and implementation of a group fitness exercise session.

D. LEARNING OUTCOMES (General)

1. be able to demonstrate skills and knowledge in the area of physiological adaptation to cardiorespiratory exercise and primary modalities of exercise
2. have gained skills and knowledge in the introductory skills sets required to teach group fitness.
3. have skills and knowledge in the subject of flexibility as related to fitness and conditioning.
4. demonstrate knowledge and application skills in the assessment, design and implementation of cardiorespiratory and endurance athletic protocols for training 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