A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 1
Lab Hours/Week: *
OJT Hours/Week: *
Prerequisites:
This course requires all four of these prerequisites
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)
HEFI 1605 - Cardiovascular & Group Fitness Training: Principles & Practices (Number of Years Valid: 5)
Corequisites: None
MnTC Goals: None

This course provides students the opportunity to explore specialized fitness certifications, preparing and completing the certification process for a selected and instructor approved professional organization. Course participants are encouraged to examine their personal skills and preferences to determine areas where they predict success and satisfaction in employment. Students will research multiple credible possibilities for certification, explain and justify their personal selection, develop and execute a plan and timetable to adequately prepare for achieving success, and schedule and participate in the certification process. Class participants will provide documentation of time devoted to adequately prepare for selected certification. Prerequisite: HEFI1602, HEFI1605, HEFI1612, and HEFI1615.

B. COURSE EFFECTIVE DATES: 01/11/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Review the process, value, and purpose of credentialing in the health & fitness industry.
2. Identify and describe personal skill sets and abilities related to health and fitness profession.
3. Research and select specialized certification(s) that support skills and abilities.
4. Plan, prepare, and study for certification process/examination.
5. Complete requirements and take exam to attain certification.

D. LEARNING OUTCOMES (General)

1. The learner will understand the advantages of, and process for, achieving professional certification from a credible and reputable fitness organization.
2. The learner will evaluate personal readiness and preparation for entering the health and fitness field as a professional.
3. The learner will select and complete the process for obtaining a specialized professional certification in the health and fitness area.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted