A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: *.*
Lab Hours/Week: 2
OJT Hours/Week: *.*

Prerequisites:
This course requires either of these prerequisite categories
1. HEFI 1618 - Personal Fitness I (Number of Years Valid: 5)
   Or
2. HEFI 2609 - Personal Fitness II (Number of Years Valid: 5)

Corequisites: None
MnTC Goals: None

The course requires students to design and implement a regular and consistent plan of fitness training. Students will develop a training program to address personal physical goals. Students will additionally create a plan to accommodate their classes and personal obligations. Students must demonstrate consistent and regular training through appropriate record keeping and interaction with course instructor. All prior learning in the Health and Fitness Program should be evident in the implementation of their training program including goal setting, identified exercise objectives, pre/post assessments, program templates and record keeping formats submitted to instructors, and written reflections of program results and goals realized. Prerequisite(s):
   Personal Fitness I (HEFI 1618) or Personal Fitness II (HEFI 2609)

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Pre-program preparation in the form of assessments, goal-setting, design of a program based on individual student-specific needs, and record keeping procedure.
2. Consistent participation in weekly training sessions.
3. Training program review through regular personal reflection and interactions with course instructor.

D. LEARNING OUTCOMES (General)

1. The learner will demonstrate maintenance and management of physical fitness and wellness appropriate for a fitness professional, supported with an on-going personalized training plan.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted