HEFI 2621: Exercise Management for Special Populations II

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 2
Lab Hours/Week: 1
OJT Hours/Week: *

Prerequisites:
This course requires the following prerequisite
HEFI 1620 - Exercise Management for Special Populations I (Number of Years Valid: 5)

Corequisites: None
MnTC Goals: None

This course is a continuation of HEFI 1620 Exercise Management for Special Populations I. The course will provide learners with expanded skills, knowledge, and abilities in the design and implementation of exercise for special population clients. Focus areas will include a comprehensive review of pathophysiology of the most common lifestyle related diseases and an examination of related current research and trends in the health and fitness profession. Students will take part in special case studies and the practice client lab experience. During course activities, learners will practice the implementation of client assessments, design exercise programming for special populations, instruct therapeutic exercises, and monitor client progress. Prerequisites HEFI1620.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Review pathophysiology of common diseases.
2. Identify the populations that frequently exhibit characteristics of these common diseases.
3. Compare and contrast basic exercise program design for general and special populations.
4. Review and evaluate assessment procedures, identifying and altering protocol to create modifications appropriate for specific clientele.
5. Design programming applicable to identified special population practice clients.
6. Introduce, instruct, evaluate, and modify exercise programming for special population clients in the practice client program.

D. LEARNING OUTCOMES (General)

1. The learner will advance their knowledge of specific pathophysiology of various special populations.
2. The learner will increase skills and knowledge in the use and application of assessments and programming specific to special populations.
3. The learner will practice and enhance necessary fitness professional skills through interaction with special population clients in the practice client program.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted