Alexandria Technical and Community College

EXSC 1600: Training Principles and Methodology I

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 introduces students to the fundamental theories and principles providing a basis for fitness training. Students will gain knowledge of the physiology and anatomy of human movement, learn the scientific vernacular of exercise, and recognize their potential role as movement specialists. An overview of exercise methodology will be explored. Gravity based resistance training exercises will be introduced, studied, practiced and analyzed, leading to an understanding of exercise methodology. Students will rehearse instruction of resistance exercise, using observational patterns and cueing. Additional topics of study include variations and specialized modes of strength training, protocol for organizing exercise in fitness plans, the necessity and variations of mobility and stability training. References will be made and instruction provided in the areas of strength testing, exercise science, program design, and exercise selection.

B. COURSE EFFECTIVE DATES: 04/24/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted