Alexandria Technical and Community College

EXSC 2640: Practical Application of Program Design

A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: 1
Lab Hours/Week: 6
OJT Hours/Week: *.*

Prerequisites: None
Corequisites: None
MnTC Goals: None

This course provides learning experiences in personal training, semi-private training, and group exercise. Emphasis will be placed on understanding the process, considerations, and philosophies involved in the design and implementation of fitness training programs. A featured activity is the practice client program, which provides students opportunities to design and implement health/fitness related programs for individuals and small groups. All aspects of client interaction will be practiced, including consultation, goal-setting, assessment, specific program design, exercise instruction, program review and update. Students will also take part in a community-based group exercise program of their choice. Interactive activities will provide hands-on experience in relationship building and use of interpersonal skills. Students are allowed significant autonomy and responsibility to achieve the goals of the class, including scheduling and organization of events. Classroom activities and instructor meetings include analysis of student created programs for specific clients and sharing experiences gathered through program activities.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Obtain information necessary to design exercise programming and schedule meetings for assigned practice clients, including health histories, personal backgrounds, goals, and performing fitness assessments.
2. Design and administer appropriate and specific exercise programs for individuals and groups. Update and revise programs as necessary.
3. Create and adhere to manageable schedules for client/group interaction and other school activities.
4. Keep accurate and meaningful records and notes of client and group interactions.
5. Establish positive relationships and quality communication with clients and groups.
6. Share and report experiences to instructors and fellow class members as appropriate and requested.
7. Meet with clients for at least a minimum number of required sessions.
8. Attend group exercise activities for at least a minimum number of required sessions.
9. Assist in directing and participating in class meetings and additional educational activities as requested or directed by instructors.
D. LEARNING OUTCOMES (General)
   1. The learner will demonstrate knowledge and competency in all phases of performing as a fitness professional.
   2. The learner will practice pre-program client interaction and fitness assessing, program design, exercise prescription and instruction, program implementation and review.
   3. The learner will gain experience, practice, and improve skills of organization, scheduling, and reporting; demonstrating understanding of confidentiality and scope of practice.
   4. The learner will demonstrate abilities in interpersonal interactions and communication skills with individuals and groups of people.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted