EXSC 2640: Practical Application of Program Design

A. COURSE DESCRIPTION

Credits: 4
Lecture Hours/Week: 1
Lab Hours/Week: 6
OJT Hours/Week: *.*

Prerequisites:
This course requires both of these prerequisites
EXSC 2630 - Exercise for Special Populations (Number of Years Valid: 5)
EXSC 2600 - Exercise Program Design (Number of Years Valid: 5)

Corequisites: None

MnTC Goals: None

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

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