Alexandria Technical and Community College

EXSC 2650: Advanced and Specialized Fitness Programs

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 1
Lab Hours/Week: 2
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course is an extension of previous EXSC core courses; providing students with additional preparation for design and application of health/fitness related programs. Focus will be on clients of specific populations and/or with specific health concerns/morbidities. Students will examine the unique circumstances and requirements of these individuals/groups using research, presentations, and class discussions; developing an understanding of the factors, protocol, and adjustments necessary for creation of personal programs to address their needs. Students will draw on their established knowledge of exercise science, principles, training systems, and previous work in program design. Class members will contribute relevant experiences obtained while working with practice clients. Many health and fitness professionals from our community and region will contribute to the information offered in this course. The instruction of individual topics will be addressed by guest lecturers or presenters who have direct training and/or experience in that area.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Review the legal concerns of the fitness profession: scope of practice, liability, insurance, client confidentiality, HIPAA, and the importance of professional networking.
2. Research and analyze the special needs, concerns, and training specifics of active aging adults/older adults.
3. Research and analyze the special needs, concerns, and training specifics of youth: prepubescent, adolescent, and young adult.
4. Research and analyze the special needs, concerns, and training specifics of pregnancy (including pre-natal and post-natal considerations).
5. Research and analyze the special needs, concerns, and training specifics of individuals with joint disorders: including arthritis; shoulder, knee, and hip injury and pain and joint replacement.
6. Research and analyze the special needs, concerns, and training specifics of individuals with autoimmune disorders.
7. Research and analyze the special needs, concerns, and training specifics of individuals with respiratory issues (COPD and asthma).
8. Examine the process, considerations, and regulations of fitness facility design.
9. Experience and report on specialized modalities of fitness training such as yoga, tai chi, Pilates, and group fitness.
10. Develop a personal mission statement and philosophy of training.
D. LEARNING OUTCOMES (General)

1. The learner will demonstrate the understanding of the role of the Exercise Specialist in working with Special Population Groups.
2. The learner will demonstrate skills, knowledge, and abilities in testing, program design, and program implementation for fitness training with Special Population Groups.
3. The learner will demonstrate skills, knowledge, and abilities in effective trainer-client relationships and client success, motivation, goal setting, and stress management techniques.
4. The learner will demonstrate skills, knowledge, and abilities in advanced program designs.
5. The learner will demonstrate an understanding of current successful business practices in the health and fitness industry.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted