Alexandria Technical and Community College

EXSC 1610: Essentials of Cardio and Mobility Training

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 2
Lab Hours/Week: 1
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course offers skills and knowledge in training protocols and modalities specific to developing cardiorespiratory/cardiovascular fitness, flexibility, and mobility. Instruction includes fundamental cardio training principles, in addition to identification of, selection of, and prescription of specific and individual exercises. Course participants will examine physiology and physiological adaptations to cardio and flexibility/mobility training and receive instruction in assessments, training applications, and program design. Lessons provide learning in the preparation and presentation of group training sessions. Students will be introduced to various approaches of group exercise and develop skills in exercise selection and sequence, technique, choreography, music selection, and applications of recovery. Flexibility and mobility lessons include study of the types of stretching exercises, dynamic movements, forms of muscle massage and therapy, myofascial release, and other approaches to mobility enhancement. Current trends and research in cardio and mobility training will be reviewed.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Describe the overall benefits of cardiorespiratory fitness.
2. Explain the physiological components and principles of adaptation to cardiorespiratory training.
3. Define and explain the concepts of flexibility and practice specific modes of flexibility training.
4. Understand the difference between flexibility and mobility; examine and practice various approaches to mobility improvement.
5. Identify the common group fitness training protocols used in the fitness industry; identify and explain the components of a properly designed group fitness exercise session.
6. Practice design, setup, and implementation of a group fitness exercise session.
7. Define and explain intensity in cardiorespiratory training.
8. Explain the principles of program design for cardiorespiratory fitness.

D. LEARNING OUTCOMES (General)

1. The learner will be able to demonstrate skills and knowledge in the area of physiological adaptation to cardiorespiratory and flexibility/mobility exercise and primary modalities of exercise for each area.
2. The learner will have skills and knowledge in the subject of flexibility/mobility as related to fitness programs.
3. The learner will have gained skills and knowledge in the introductory skills sets required to teach group fitness.
4. The learner will demonstrate knowledge and application skills in the assessment, design, and implementation of cardiorespiratory and endurance athletic protocols for training clients.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted