Alexandria Technical and Community College

EXSC 2600: Exercise Program Design

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 3
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course will further students' preparation for the design and application of health and fitness programs, and ready them for the practice client experience. A procedure for client interaction and record keeping will be presented; students will create personal materials to facilitate the process. Basic exercise science will be reviewed and various training modalities examined. Students will analyze existing training systems and programs and practice designing exercise programs of their own. Emphasis will be placed on understanding the process, considerations, and philosophies involved in training program development, including reviewing client history, setting goals, assessment, evaluation, design, and implementation of fitness plans. Aspects of comprehensive training for specific populations will also be covered. Students will partake in and lead fitness activities with various community groups and volunteers. Class will support student preparation for the National Strength and Conditioning Association- Certified Personal Trainer (NSCA-CPT) examination.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Explain the client interaction process; evaluate existing formats and materials used in this process; develop personal materials for client interaction.
2. Introduce and practice the process of obtaining necessary client information, including health and medical background, injury history, goal setting, scheduling, and training background/readiness.
3. Review resistance, flexibility/mobility, stability, and cardio exercise by utilizing various modes and types of exercise in program design.
4. Study fundamental principles, theory, and methodology of program design; review various systems of program organization, and apply concepts in design of fitness programs.
5. Review previously learned physical assessments, introduce additional assessment types and practice implementation procedures.
6. Engage in selected community health and fitness instructional activities/events/collaborations.
7. Establish initial contact with and acquire health information from assigned practice clients (to prepare for following semester).

D. LEARNING OUTCOMES (General)

1. The learner will organize a plan for initial client interaction, and create appropriate materials to support that plan.
2. The learner will have the skills and competencies required to prepare for, conduct, and analyze results of standardized pre-program fitness testing protocols.
3. The learner will increase knowledge of and practice in using training variables and completing essential steps for exercise program design and prescription.
4. The learner will gain skills and knowledge in the processes and procedures of application and implementation of exercise programming for general and special population 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