Alexandria Technical and Community College

EXSC 2630: Exercise for Special Populations

A. COURSE DESCRIPTION

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

This course is designed to provide the learner with understanding of individuals or groups who have been designated as special populations. Lessons develop the knowledge and skills necessary to design and implement exercise programs targeting special populations. Focus areas include an introduction to the pathophysiology of genetic and lifestyle related diseases and conditions, determining the need for health and fitness assessments, selecting appropriate and effective assessments, design of individual and specific exercise programs for common disease processes, and instruction/implementation of exercises targeting special populations. Students will take part in case studies and put into practice what they have learned in the classroom through practical lab experience.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Summarize the most common lifestyle related diseases and conditions that characterize special population clients.
2. Review current and commonly used interventions for addressing the concerns of special populations.
3. Develop, administer, and interpret assessments that are specific for the special population client.
4. Practice the design of and instruction of exercise programs for special populations.
5. Outline and explain the multiple health issues that are the result of an inactive lifestyle.
6. Describe the practice and protocol for communication and professional relationships with other health care and medical professionals.

D. LEARNING OUTCOMES (General)

1. The learner will acquire knowledge about the current lifestyle diseases that are affecting a majority of clients seeking or medically referred for exercise prescription and instruction.
2. The learner will acquire skills and knowledge in the areas of inclusive fitness assessments and evaluation of special population clients.
3. The learner will acquire skills and knowledge in the design and implementation of exercise protocols for 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