A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 1
Lab Hours/Week: 4
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Students will evaluate, address, and take part in activities that prepare them as professionals in the field of fitness and health. Learning opportunities include individual participation in four distinct experiences, all requiring instructor approval: selecting, preparing, and completing the certification process for a specialized professional organization or skill; scheduling and completing two job shadows; attending a quality professional conference or educational event outside of normal school offerings; and maintaining a consistent, semester-long personal program of fitness and exercise. Course participants are encouraged to examine their individual skills and professional preferences to determine selection of events with greatest personal value. Students will research multiple credible possibilities of attaining course goals, and be able to explain and justify their personal selections prior to executing a plan. Students will develop a timetable to adequately prepare for achieving success and provide appropriate documentation of all experiences.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Review the process, value, and purpose of credentialing in the health and fitness industry.
2. Research and select specialized certification(s) that support skills and abilities.
3. Plan, prepare, study, and complete certification process/examination.
4. Consistent participation in weekly fitness training sessions.
5. Fitness training program review through documentation, regular personal reflection, and interactions with course instructor.
6. Evaluate potential job shadow sites based on personal preference.
7. Contact preferred location, schedule, and complete two job shadows.
8. Identify recognized, un-biased, reputable, and professional health/fitness conferences or educational opportunities that offer quality continuing education (CEUs).
9. Attend a professional health/fitness conference.

D. LEARNING OUTCOMES (General)

1. Understand the advantages of and process for achieving professional certification from a credible and reputable fitness organization; select and attempt to attain a specialized professional certification.
2. Observe, evaluate, and become familiar with the daily routine and duties of professionals in a specific health/fitness career through job shadowing.
3. Maintain or improve personal levels of fitness and health.
4. Attain appreciation for and realize the necessity of continuing education; gain specific knowledge and develop a professional network through attendance at a fitness/health conference.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted