

FITN 251 – Personal Trainer: Health Appraisal and Exercise Prescription

Student Learning Outcomes

1. Demonstrate basic techniques to provide medical clearance and screening
2. State purpose and demonstrate basic principles of fitness assessment
3. Describe exercise programming to improve aerobic capacity, flexibility, muscular endurance, muscular strength and body composition while preventing injuries and proper sequencing in an exercise session
4. Describe advantages and disadvantages of interval, continuous and circuit training
5. Describe special precautions and modifications of exercise programming for environmental conditions and special populations
6. Compare and analyze techniques of motivation, promoting behavior change, adherence, and behavior problems

Assessment

1. Three written examinations covering material in class and one comprehensive final requiring college level writing skills.
2. Evaluation of student's competence in: a) taking blood pressure and b) body fat measurements using calipers
3. Weekly homework assignments requiring writing and math skills. The objectives of the homework are: be able to explain informed consent and understand risk stratification and medical clearance; apply exercise programming on assigned case studies.
4. Write a report about exercise programming in a chosen special population and present it in front of class.