PERSONAL TRAINING AND EXERCISE LEADERSHIP II — EXER 2060

A. Course Description

- Credits: 2.00
- Lecture Hours/Week: 1.00
- Lab Hours/Week: 1.00
- OJT Hours/Week: 0
- Prerequisites: None
- Corequisites: None
- MnTC Goals: None

A lecture/laboratory covering an overview of various training methods and facilities used in one-on-one training, group training, and sports team training. Topics include client motivation, Lifestyle modification coaching, program periodization, plyometrics, rehabilitation concerns, and exercise facility design.

B. Course Effective Dates: 1/17/02 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

1. Analyze performance-enhancing substances
2. Analyze the bioenergetics of exercise and training
3. Apply the concept of periodization for athletes and general population
4. Demonstrate different fitness assessment techniques
5. Design multiple facility layout schematics
6. Develop a policies and procedures manual for a fitness facility
7. Develop plyometric workouts
8. Develop programs that emphasize speed, agility, and endurance development
9. Discuss age and gender related issues and their impact on resistance training program design
10. Discuss facility maintenance and risk management
11. Discuss neuromuscular adaptations to conditioning
12. Discuss the impact of rehabilitation and reconditioning on performance
13. Employ organization and administration techniques for the fitness facility
14. Examine the physiology of the muscular system
15. Explain the psychological impact of preparation on performance

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment
   As noted on course syllabus

G. Special Information
   None noted