

# Minnesota State University Moorhead

## EXS 365: Exercise Program Design

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires either of these prerequisites

EXS 320 - Anatomical Kinesiology

PE 320 - Anatomical Kinesiology

Corequisites: None

MnTC Goals: None

This course prepares students to meet the competencies established by the American College of Sports Medicine for a health fitness instructor.

**B. COURSE EFFECTIVE DATES:** 02/03/2022 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Fitness assessment
2. Flexibility training concepts
3. Core training, balance training, plyometric (reactive) training, resistance training concepts
4. Speed, agility and quickness training
5. Integrated program design and the optimum performance training (OPT) model
6. Introduction to exercise modalities
7. Chronic health conditions and physical or functional limitations
8. Nutrition supplementation
9. Lifestyle modifications and behavioral coaching
10. Developing a successful personal training business
11. Scientific rationale for integrated training
12. Basic exercise science
13. Cardiorespiratory system and fitness training
14. Exercise metabolism and bioenergetics
15. Human movement science

### D. LEARNING OUTCOMES (General)

1. Students will be prepared to meet the competencies established by the American College of Sports Medicine and the National Strength and Conditioning Association for a health and fitness instructor.
2. Students will be knowledgeable in physical fitness, health and performance.
3. Students will understand safe and effective exercise programs.
4. Students will understand the concepts of weight control, energy costs of activity, cardiorespiratory fitness, muscular strength, and muscle flexibility.
5. Students will understand the evaluation of health status.

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

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted