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## PROGRAM DESIGN AND IMPLEMENTATION

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**PFT 202****Program Design and Implementation****4.0 UNITS**

This course provides students with practical application of current testing procedures and instrumentation used in exercise testing. Students perform and interpret basic measurement protocols for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, and blood pressure. Concepts and procedures are introduced through lecture and applied in the laboratory setting. Students learn the principles related to exercise prescription and develop the necessary skills to design and implement training programs. Safeguards and effectiveness for all fitness levels are addressed. This course incorporates American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), and American Council on Exercise (ACE) curriculum.