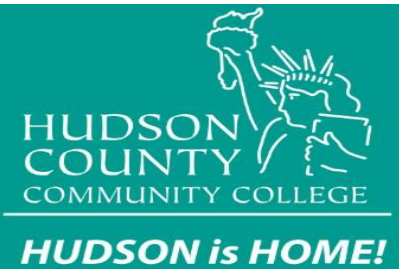




School of Nursing and Health Professions Syllabus



Term:

Credits: 4

Course Code: EXS-203/PFT 202

Title of Course: Exercise Measurement & Prescription/ Program Design & Implementation

Days & Times:

Location:

Instructor:

Office Hours:

Office Location:

Email:

Phone:

Prerequisites: EXS 201 AND EXS 202

COURSE DESCRIPTION:

EXS 203 Course Description:

This course provides students with the practical application of current testing procedures and instrumentation used in exercise science testing. Students learn to perform and interpret the basic measurement protocols for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, and blood pressure. Students learn principles related to exercise prescription, develop the necessary skills to design and implement training programs as they relate to the components of fitness. Safeguards and effectiveness for all levels are addressed.

PFT 202 Course Description:

Students perform and interpret basic measurement protocols for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, and blood pressure. 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 provides students with practical application of current testing procedures and instrumentation used in exercise testing. The focus will be on the National Academy of Sports Medicine curriculum but will also use other references and materials from reputable sources.

Student Learning Outcomes:

EXS 203 Student learning outcomes/objectives (SLO):

Upon successful completion of this course, students will be able to:

1. Integrate concepts of client-centered approaches in all aspects of training.
2. Differentiate the components of health-related fitness.

3. Evaluate specific health related components using appropriate testing modalities.
4. Demonstrate proficiency in administration of testing.
5. Identify contraindications for testing and criteria for termination of graded exercise tests.
6. Design appropriate prescription plans for specific components of fitness and generalized fitness plans, minimizing injury and risk issues.
7. Apply principles of exercise prescription for healthy and special populations.

PFT 202 Student learning outcomes/objectives (SLO):

Upon successful completion of this course, students will be able to:

Goal 1: Describe appropriate screening components and health risk classifications.

L.O. 1.1. Perform fitness assessment testing.

Goal 2: Identify goal setting techniques and strategies.

L.O. 2.1. Assess and experience stress management techniques.

L.O. 2.2. Incorporate basic principles of the business of personal training.

L.O. 2.3 Describe the components of a comprehensive program design.

Goal 3: Define resistance training principles.

L.O. 3.1. Design, evaluate and implement resistance training programs.

Goal 4: Identify the components of cardiovascular training programs.

L.O. 4.1 Assess the interaction of frequency, endurance and intensity.

Goal 5: Apply the principles of flexibility programs.

L.O. 5.1 Perform sample flexibility program.

Goal 6: Create specialized fitness programs using safe and effective procedures.

L.O. 6.1. Design program for special populations

L.O. 6.2. Design program for advanced training programs.

L.O. 6.3. Design program for client weight loss.

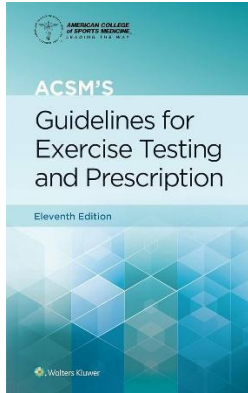
TEXTBOOK REQUIRED:

EXS 203 Required Textbook:

ACSM's Guidelines for Exercise Testing and Prescription. 11th edition. (2021). Wolters Kluwer/Lippincott Williams & Wilkins. ISBN: 978-1975150198

PFT 202 Required Textbook:

Sutton, B.G. (2022). *NASM Essentials of Personal Fitness Training.* (7th ed.). Jones and Bartlett. ISBN: 9781284200881



EVALUATION METHODS:

Evaluation Method:

- **Participation** **10%**
- **Fitness Pop-up Reflections** **10%**
- **Lab Reports/Assignments** **20%**
- **Training Programs/Case Studies (3)** **30%**
- **Tests (3)** **30%**

WEEKLY OUTLINE:

Week	Topic	Learning Outcomes (L.O)
1	Unit 1 - Benefits & Risks with PA	SLO 1
2	Unit 2 - Pre-exercise evaluation	
3	Unit 3 - Psychology of Exercise & Behavioral Theories	
4	Unit 4 - Health Related Fitness Testing	SLO 1.1
5	Unit 5 - Principles of Exercise Prescription	SLO 2.2
6	Unit 6 - Assessing CR Fitness	SLO 2.1
7	Unit 7 - Designing CR Fitness Programs	SLO 3.1
8	Unit 8 - Assessing Flexibility	SLO 5
9	Unit 9 - Prescribing Flexibility Exercises	SLO 5
10	Unit 10 - Balance & Stability	

11	Unit 11 - Assessing Muscular Fitness	SLO 4
12	Unit 12 - Designing Resistance Training Programs	SLO 4.1
13	Unit 13 - Assessing Body Composition	
14	Unit 14 - Designing Weight Management Programs	SLO 6.3
15	Unit 15 - Special Populations (Chronic & Neurological Disorders)	
15	EXAM	FINAL EXAM

HCCC POLICIES, STATEMENTS, AND SERVICES:

<https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html>