

Common Course Outline
HFMJ 251
Health & Fitness Studies Seminar
1 Semester Hour

The Community College of Baltimore County

Description

This course is designed as a capstone experience; a culmination of the Health and Fitness Major's preparation for entry into the fitness field. Through application of knowledge and experience, the Health Fitness major demonstrates proficiency in fitness theory and skills. The student is prepared to demonstrate expertise by participation in real-life situations and/or simulations of what is encountered upon entry into the fitness field. Prerequisites: HFMJ 140, HFMJ 220, HFMJ 240, HLTH 132 and HLTH 140

Overall Course Objectives

Upon completion of this course the student will be able to:

1. interpret results of fitness assessments;
2. design and present a fitness program to a client (This learning experience may be videotaped);
3. lead a person through a fitness center providing explanation and demonstration of all of the equipment;
4. critique the Health and Fitness Majors Program;
5. assess personal strengths and weaknesses;
6. train a client for the semester;
7. administer an appropriate cardiovascular test for a selected fitness client;
8. administer appropriate strength tests for a selected fitness client;
9. analyze health history, disease risk, medical clearance and contraindications to exercise;
10. design a detailed fitness program for a specific client;
11. teach a selected fitness class (This learning experience will be videotaped) and
12. analyze a case study.

Major Topics

- I. Fitness Assessment
- II. Design Fitness Program
- III. Circuit Center Presentation
- IV. Cardiovascular Fitness Test Presentation
- V. Personal Trainer Certification Exam

Course Requirements

Grading: Grading procedure will be determined by the individual faculty member, but will include the following:

1. Personal training client for the duration of the semester
2. Written case study
3. Final certificate exam

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

Date Revised: 01/14/03