

Common Course Outline
AEXS 251
Applied Exercise Sciences Seminar
1 Credit

Community College of Baltimore County

Description

AEXS 251 – Applied Exercise Sciences Seminar prepares students for entry into the fitness field and American Council on Exercise certification. AEXS 251 is designed as a capstone experience; a culmination of the Applied Exercise Sciences students' preparation for entry into the fitness field. Through application of knowledge and experience, the AEXS degree candidate 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. AEXS 251 partners with the American Council of Exercise (ACE) University to prepare students for the ACE Personal Trainer exam.

1 Credit

Prerequisites: AEXS 140, AEXS 240, AEXS 134 or HTLH 134 or HLTH 160 or HLTH 232, HLTH 140 or HLTH 231. Registration requires approval of the AEXS Program Director.

Co-requisite: AEXS 220

Overall Course Objectives

Upon completion of this course students will be able to:

1. analyze health history, disease risk, medical clearance and contraindications to exercise;
2. administer and interpret results of fitness assessments;
3. design and present a fitness program to a client;
4. lead a client through a fitness center providing explanation and demonstration of all of the exercises and equipment;
5. create smart goals for client success;
6. train a designated client for the semester;
7. design a detailed fitness program for a designated client; and
8. participate in ongoing discussion board review sessions to prepare for the ACE personal trainer exam.

Major Topics

- I. Fitness Assessment
- II. Design Fitness Program
- III. Client Training
- IV. Building a Client File
- V. Core Skill Competencies
- VI. Personal Trainer Certification Exam Preparation

Course Requirements

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

1. Client training for the duration of the semester
2. Client File Portfolio
3. Discussion Board review sessions

Grading/exams

- A comprehensive Client File Portfolio
- A minimum of three graded Discussion Board posts and responses

Other Course Information

Students are required to train clients for a minimum of 12 sessions on the Catonsville campus. Clients are recruited by the Program Director, and assignment is based on student availability and skills. Students who successfully complete AEXS 251 will be awarded a voucher to pay for one attempt of the ACE Personal Trainer exam.

Date Revised: 11/1/2016