

Common Course Outline
HFMJ 220
Methods and Materials of Fitness Instruction
3 Semester Hours

The Community College of Baltimore County

Description

Methods and Materials of Fitness Instruction

Prepares students to be an effective personal trainer or fitness instructor; incorporates multiple practical experiences to enhance communications, feedback, and evaluation skills leading to the development of the full expertise to be a fitness professional.

Corequisites: HFMJ 140, HFMJ 200 and HFMJ 240

Overall Course Objectives

Upon successfully completing this course students will be able to:

1. Act as a role model in all fitness activities by demonstrating adherence to established classroom checklist.
2. Apply effective communication skills during all oral presentations and teaching practicals.
3. Offer corrective feedback to peers and "clients" during class activities, using developed class criteria.
4. Incorporate feedback from instructor, self, and peers to improve communication skills and oral delivery using self-evaluation form.
5. Effectively conduct a client interview to obtain important personal and medical history information used in individual exercise prescription and goal identification.
6. Identify and explain the risk factors which may require consultation with medical/health professionals prior to exercise program participation.
7. Identify and explain the items/factors to ensure that a subject is prepared to be tested.
8. Interpret and explain to a client the results of a variety of fitness tests.
9. Design and use an overhead transparency in a fitness/wellness oral presentation.
10. Effectively deliver a 6-8 minute fitness/wellness oral presentation.
11. Organize and conduct an exercise class to include the components of a safe and productive workout.
12. Develop a lesson plan for a fitness class.
13. Identify and demonstrate the most effective methods of accurate monitoring of exercise heart rate.
14. Identify inappropriate exercise responses which would indicate termination of an exercise session.
15. Participate in group critique of class activities.
16. During the teaching practical, adhere to the American College of Sports Medicine Guidelines for exercise prescription.

Major Topics

- I. The Role of the Health Fitness Instructor and Personal Trainer
 - A. Personal Trainer/Client Relationship
 - B. Evaluation of Health Status
 - C. Conducting an Effective Client Interview
 - D. Development of an Individualized Exercise Prescription
- II. Testing and Evaluation
 - A. Statistical Information
 - B. Evaluation of all fitness parameters
- III. Exercise Prescription
 - A. Cardiovascular Fitness
 - B. Body Composition
 - C. Muscular Strength
 - D. Muscular Endurance
 - E. Muscular Power
 - F. Flexibility
- IV. Exercise Programming
 - A. Exercise Leadership
 - B. Teaching Techniques
 - C. Goal Setting

Course Requirements

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

1. Attendance and Participation
2. One Examination (written and practical applications)
3. Development and Implementation of Individual Exercise Prescription
4. Oral Presentations
5. Teaching Practical

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