

**Course Outline for:** EXSC 2315 Fitness Assessment and Exercise Prescription**A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: EXSC 2310 Foundations of Personal Training (or concurrent enrollment)
4. Corequisites: None
5. MnTC Goals: None

Prescribing exercise for healthy and special populations involves an understanding of policies, procedures, and the physiological basis of fitness performance. Skills learned during practical experiences and data used from exercise testing help students produce safe and effective exercise prescriptions. Class activities will build a bridge to future employment in cardiac rehabilitation facilities, fitness centers, healthcare settings, coaching, and other exercise-focused settings.

**B. Date last reviewed/updated:** March 2025**C. Outline of Major Content Areas**

1. Policies, procedures, and physiological basis for exercise testing and exercise prescription as it applies to apparently healthy and special populations.
2. Practical experience with various forms of exercise testing as well as professionally demonstrate how to utilize the data generated from exercise testing to produce a safe and effective exercise prescription designed around the goals of the exercising individual.
3. Course material is appropriate for individuals desiring work in cardiac rehabilitation, fitness centers, coaching, health care settings, or any other related exercise setting in which exercise is a commonly applied modality.

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Differentiate the fitness components and their role in physical fitness.
2. Examine the role fitness and wellness play on overall health and the implications on disease risk and prevention.
3. Perform a variety of exercise tests on apparently healthy individuals.
4. Describe a variety of appropriate exercise tests for individuals with clinical conditions.
5. Apply the training variables to a personal fitness program.
6. Perform a variety of calculations necessary to predict various physiological characteristics of an individual as well as explain the significance of the results of the calculations.
7. Create safe and effective exercise prescriptions from the results of various exercise tests.
8. Identify professional expectations of employment within the field of exercise science.

**E. Methods for Assessing Student Learning**

Methods for assessment may include, but are not limited to, the following:

1. Written exams
2. Class-wide and small group assessment and prescription activities

**F. Special Information**

None