

Common Course Outline for: EXSC 2315 Fitness Assessment and Exercise Prescription

A. Course Description

1. Number of credits: 3
2. Lecture hours per week: 3 Lab hours per week: *None*
3. Prerequisites: EXSC 2310 or concurrent enrollment and recommended eligible for READ 1106 and ENGC 1101
4. Co-requisites None
5. MnTC Goals None

This course presents the policies, procedures, and physiological basis for exercise testing and exercise prescription as applied to apparently healthy and special populations. The course will provide the student with practical experience with various forms of exercise testing as well as 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. The material covered in this course 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.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. Policies, procedures, and physiological basis for exercise testing and exercise prescription as applied to apparently healthy and special populations.
2. Practical experience with various forms of exercise testing as well as 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 this course, the student will be able to:

1. Explain the risks and benefits associated with exercise and exercise training.
2. Describe, and safely perform, a variety of exercise tests on apparently healthy individuals as well as various clinical conditions.
3. 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.

4. Interpret, discuss, explain the significance, and determine a safe, effective exercise prescription from the results of various exercise tests.

E. Methods for Assessing Student Learning

Students will be assessed on daily attendance and participation, written exams, entire class and group assessment and prescription activities.

F. Special Information None