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| <p>HFS-120 Prerequisites: HFS-110^S Corequisites: None</p> | <p>Group Exer Instruction</p> | <p>3 (2-2)</p> | <p>Spring</p> |
| <p>This course introduces the concepts and guidelines of instructing exercise classes. Topics include program designs, working with special populations, and principles of teaching and monitoring physical activity. Upon completion, students should be able to demonstrate basic skills in instructing an exercise class and monitoring workout intensity.(2017 FA)</p> | | | |
| <p>HFS-210 Prerequisites: HFS-110^S and HFS-111^S Corequisites: None</p> | <p>Personal Training</p> | <p>3 (2-2)</p> | <p>Spring</p> |
| <p>This course introduces the student to the aspects of personal (one-on-one) training. Topics include training systems, marketing, and program development. Upon completion, students should be able to demonstrate personal training techniques and competencies of same.(2017 FA)</p> | | | |
| <p>HFS-212 Prerequisites: HFS-110^S Corequisites: None</p> | <p>Exercise Programming</p> | <p>3 (2-2)</p> | <p>Fall</p> |
| <p>This course provides information about organizing, scheduling, and implementation of physical fitness programs. Topics include programming for various age groups, competitive activities and special events, and evaluating programs. Upon completion, students should be able to organize and implement exercise activities in a competent manner.(2017 FA)</p> | | | |
| <p>HFS-214 Prerequisites: None Corequisites: None</p> | <p>Health and Fitness Law</p> | <p>3 (3-0)</p> | <p>Spring</p> |
| <p>This course is designed to build a greater awareness and understanding of laws and legal issues encountered in the health and fitness industry. Topics include federal/state regulations, historical/current practices, risk management, torts, employment, discrimination, contracts, waivers, health/fitness screening, client confidentiality, facility safety, equipment liability, and emergency procedures. Upon completion, students should be able to demonstrate an understanding of the legal system to prevent or minimize liability in a fitness setting.(2017 FA)</p> | | | |
| <p>HFS-218 Prerequisites: ENG-002^L or BSP-4002^L Corequisites: None</p> | <p>Lifestyle Chng & Wellness</p> | <p>4 (3-2)</p> | <p>Fall</p> |
| <p>This course introduces health risk appraisals and their application to lifestyle changes. Topics include nutrition, weight control, stress management, and the principles of exercise. Upon completion, students should be able to conduct health risk appraisals and apply behavior modification techniques in a fitness setting. (2017 FA)</p> | | | |