

COURSE OUTLINE

HEED-200

Health/Fitness Leader

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This class is designed to provide the student who is interested in the wellness field with the knowledge and skills necessary to function as an exercise/fitness leader. The class covers core behavioral objectives set up for the following certifications: American College of Sports Medicine's Exercise Leader, the National Strength and Conditioning's Certified Personal Trainer, and the American Council for Exercise's Personal Trainer. Students will be introduced to various aspects of the exercise/fitness field including risk factor evaluation, fitness assessment, exercise prescription, and program development.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Describe the components of wellness and physical fitness, and explain the role the health/fitness leader plays in the development of both.
2. Identify the risk factors related to exercise.
3. Perform health appraisal and risk factor screening.
4. Modify an exercise program when one or more risk factors are present.
5. Identify in functional and anatomical terms the skeletal, muscular, and cardiovascular systems.
6. Explain how exercise physiology and functional anatomy relate to exercise programming.
7. Explain and apply the principles of aerobic, muscular strength/endurance, and flexibility development to exercise programming.
8. Identify and apply the principles of resistance training.
9. Identify and apply the principles of weight control and nutrition.
10. Perform fitness assessments including the step test, blood pressure skin caliper, sit-and-reach and other tests.
11. The student will examine the manifestations of human movement as sport, recreation, fitness development and play.
12. The student will develop an understanding the roles human movement has played in survival, health and competition.
13. The student will develop an awareness of alternative perceptions of the mind and body.
14. The student will develop knowledge and understanding of human movement relative to biomechanics, kinesiology, motor development, growth and maturation.

Major Topics

- I. An Introduction to the Human Movement Sciences
- II. Philosophy of Human Movement and the Nature of Fitness
- III. Functional Anatomy and Exercise Physiology
- IV. Biomechanics and the Motor Sciences
- V. Health Appraisals
- VI. Exercise Prescription
- VII. Fitness Assessment
- VIII. Body Composition and Weight Control
- IX. Exercise Leadership Principles

Course Requirements

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

- Lecture Attendance
- Assignments
- Written tests
- Case Study Analysis

Writing:

Various assignments and a final case study analysis are included in the grading requirements.

Other Course Information

This course is required for students majoring in Health Fitness and Wellness Promotion. This course is an Interdisciplinary and Emerging Issues core course.