

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
4. Corequisites: 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 reviewed/updated: February 2023**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. Identify the fitness components and explain how each component plays an integral role in physical fitness.
2. Examine the role fitness and wellness play on overall health and the implications on disease risk and prevention.
3. Describe, and safely perform, a variety of exercise tests on apparently healthy individuals as well as various clinical conditions.
4. Identify and apply the training variables to a personal fitness program
5. 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.

6. Interpret, discuss, explain the significance, and determine a safe, effective exercise prescription from the results of various exercise tests.
7. 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. Class attendance and participation
2. Written exams
3. Class-wide and small group assessment and prescription activities

F. Special Information:

None