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## COURSE DESCRIPTIONS BY COURSE DISCIPLINE PREFIX

### EXERCISE PROGRAMMING

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**HFS-212**      **Exercise Programming**      **3 (2-2)**      **Fall**

**Prerequisites:** HFS-110<sup>S</sup>

**Corequisites:**

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)

### EXERCISE SCIENCE

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**HFS-110**      **Exercise Science**      **4 (4-0)**      **Spring  
Fall**

**Prerequisites:** ENG-025<sup>L</sup>

**Corequisites:**

This course is a survey of scientific principles, methodologies, and research as applied to exercise and physical adaptations to exercise. Topics include the basic elements of kinesiology, biomechanics, and motor learning. Upon completion, students should be able to identify and describe physiological responses and adaptations to exercise. (2017 FA)

### FITNESS & EXER TESTING I

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**HFS-111**      **Fitness & Exer Testing I**      **4 (3-2)**      **Spring  
Fall**

**Prerequisites:** ENG-025<sup>L</sup>; MAT-025<sup>L</sup>

**Corequisites:**

This course introduces the student to graded exercise testing. Topics include various exercise testing protocols with methods for prescribing exercise programs based on exercise tolerance tests and the use of various equipment and protocols. Upon completion, students should be able to conduct specific exercise tests and the use of various equipment. (2017 FA)

### FITNESS FACILITY MGMT

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**HFS-118**      **Fitness Facility Mgmt**      **4 (4-0)**      **Spring**

**Prerequisites:**

**Corequisites:**

This course provides information about the management and operation of health and fitness facilities and programs. Topics include human resources, sales and marketing, member retention, financial management, facility design and maintenance, and risk management. Upon completion, students should be able to demonstrate the knowledge and skills necessary to effectively manage a fitness facility. (2017 FA)

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## GROUP EXER INSTRUCTION

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**HFS-120**      **Group Exer Instruction**      **3 (2-2)**    **Spring**  
**Prerequisites:**    HFS-110<sup>S</sup>

**Corequisites:**

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)

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## HEALTH AND FITNESS LAW

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**HFS-214**      **Health and Fitness Law**      **3 (3-0)**    **Spring**  
**Prerequisites:**

**Corequisites:**

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)

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## LIFESTYLE CHNG & WELLNESS

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**HFS-218**      **Lifestyle Chng & Wellness**      **4 (3-2)**    **Fall**  
**Prerequisites:**    ENG-025<sup>L</sup>

**Corequisites:**

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)

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## PERSONAL TRAINING

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**HFS-210**      **Personal Training**      **3 (2-2)**    **Spring**  
**Prerequisites:**    HFS-110<sup>S</sup>, HFS-111<sup>S</sup>

**Corequisites:**

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)

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**PVNT & CARE EXER INJURIES**

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**HFS-116**      **Pvnt & Care Exer Injuries**      **3 (2-2)**    **Spring**  
**Prerequisites:**    ENG-025<sup>L</sup>

**Corequisites:**

This course provides information about the care and prevention of exercise injuries. Topics include proper procedures, prevention techniques, and on-site care of injuries. Upon completion, students should be able to demonstrate the knowledge and skills necessary to prevent and care for exercise related injuries. (2017 FA)