

HLT 208

Fitness and Exercise Training

COURSE OUTLINE

Prerequisites: HLT 100, HLT 125 and HLT 206

Course Description:

Introduces techniques for conducting physical fitness assessments and emphasizing tests of cardiorespiratory fitness, muscular strength and endurance, joint flexibility, body composition, and exercise. Emphasizes the safety guidelines and precautions used in testing. Covers equipment use and maintenance. (VCCS MCR Description)

This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers. This course presents the ACE Integrated Fitness Training (ACE IFT) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness and goals. The information covered by this course and the ACE IFT Model will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. (Additional Description added by the faculty)

**VIRGINIA WESTERN COMMUNITY COLLEGE
PO Box 14007
Roanoke, VA 24038
(540)-857-7273**



Semester Credits: 3 Lecture Hours: 2 Lab: 2

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Course Outcomes:

At the completion of this course, the student should be able to:

- Demonstrate basic understanding of major fields of personal training; leadership, communication, fitness assessment and programming using ACE Integrated Model.
- Demonstrate basic understanding and application of fitness assessments and exercise programming.
- Develop an understanding of special populations as related to exercise.
- Demonstrate knowledge of legal guidelines and business fundamentals as related to fitness professions.
- Be prepared through samples to take the ACE Personal Training Certification Exam.

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Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

ACE Personal Trainer Manual (5th Edition)

978-1-890720-50-6

ACE Personal Trainer Study Companion (5th Edition)

978-1-890720-51-3

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Topical Description:

- **Human Anatomy, Exercise Physiology, Applied Kinesiology and Nutrition.**
- **Principles of Adherence, Motivation, Behavior Change, and Health Psychology.**
- **Communication and Teaching Techniques.**
- **The ACE Integrated Fitness Training Model.**
- **Building Rapport.**
- **Health and Exercise History Information Assessment.**
- **Functional Training: Assessments, Programming and progressions for Posture, Movement, core, Balance, and Flexibility.**
- **Physiological Assessments.**
- **Resistance Training: Programming and Progressions.**
- **Cardiorespiratory Training: Programming and Progressions.**
- **Professional and Legal Responsibilities, Scope of Practice and Business Strategies for Personal Trainers.**
- **Special Exercise Programming Topics: Mind-body Exercise, Special Populations, and Exercise Implications of Common Musculoskeletal Injuries.**

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