

Spokane Falls Community College
COURSE LEARNING OUTCOMES AND OUTLINE

Prefix and Course Number: FLM 410
Course Title: ADVANCED EXERCISE PROGRAMMING AND TECHNIQUE

Version Date: 11/14/18

Course Learning Outcomes

1. Identify the steps in fitness service product design
2. Define current exercise training modalities
3. Demonstrate a holistic understanding fitness service product implementation
4. Describe advanced exercise program considerations
5. Identify the major components needs assessment

Course Outline:

A Training Modalities

- A1 Research various current training modalities
- A2 Create a comprehensive report of the pros and cons of the latest fitness training modalities

B Needs Assessment

- B1 Assess need based on a variety of information
- B2 Consolidate collected information to establish a plan

C Programming Considerations

- C1 Complete various exercise program scenario-based problems
- C2 Design a variety of exercise programs based on client need
- C3 Incorporate a variety of training modalities into a fitness program

D Fitness Service Product Design

- D1 Develop an outline for the service product
- D2 Define actions that will enable the client to achieve their stated goals
- D3 Systematically explore specific interventions and tools central to achieving goals
- D4 Create a plan where outcomes are attainable, measurable, specific, and time specific

E Fitness Service Product Implementation

- E1 Prepare, organize, and review information obtained during previous sessions
- E3 Track client progress
- E4 Promote self-discipline and appropriate lifestyle choices