

FITNESS TRAINING METHODS

EXS 110**Fitness Training Methods****3.0 UNITS**

This course introduces students to the five health-related fitness components. Students learn a variety of formats, modalities, and equipment used for each fitness component. Laboratory activities apply lecture material and focus on performing various exercises safely and properly. Self-assessment of fitness in each of the categories allows students to create realistic fitness goals. Students learn the principles of fitness training and how to design a safe and effective personalized training program. Concepts introduced during lectures are reinforced during laboratory hours.