

EXW 210 ESSENTIALS OF PERSONAL FITNESS TRAINING  
NEW 9/2019

ARIZONA WESTERN COLLEGE  
SYLLABUS

EXW 210 ESSENTIALS OF PERSONAL FITNESS TRAINING

Credit Hours:   16   Lec   10   Lab   12  

PREREQUISITE:

COURSE DESCRIPTION

Essentials to personal fitness training.; assessment; exercise technique and training instruction; program design; considerations in nutrition; client relations and behavioral coaching; and professional development, practice, and responsibility.

1. COURSE GOAL

Students will be introduced to the human movement system, the Optimum Performance Training (OPT) model and other domains of basic exercise science

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 Define the components of the human movement system.
- 2.2 Describe the structure and function of the cardiovascular and respiratory systems.
- 2.3 Describe the essential methods of how the body produces energy.
- 2.4 Explain biomechanics
- 2.5 Demonstrate knowledge of biomechanical terminology.
- 2.6 Define and comprehend the rationality of an integrated fitness assessment.
- 2.7 Define and describe the components associated with cardiorespiratory training.
- 2.8 Explain the importance of core training, balance training, resistance, reactive training, and speed, agility, and quickness training.
- 2.9 Define and describe the cause and symptoms of selected chronic health conditions.
- 2.10 Explain the importance of macronutrients and supplementation and their functions.
- 2.11 Describe the characteristics of a positive client experience and customer service.

3. METHODS OF INSTRUCTION

- 3.1 Video Lectures
- 3.2 Multi-media Presentations
- 3.4 Workshop Practice
- 3.5 Group Discussions
- 3.6 Workshop Demonstrations
- 3.7 Independent Study

4. LEARNING ACTIVITIES

- 4.1 Workshop Discussions
- 4.2 Workshop Presentations
- 4.3 Workshop Demonstrations

#### 4.4 Independent Online Study

### 5. EVALUATION

- 5.1 Quizzes/Exams
- 5.2 Assignments
- 5.3 Participation

### 6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.6 Textbooks and materials: Students are required to bring notebook or loose-leaf book, pens, pencils, dictionaries, and purchase textbook required for class.
- 6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for "No Show" reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.

For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):

- Submitting an academic assignment
- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course