

Montgomery County Community College
 ESW 151
 Fundamentals of Functional Training
 2-1-2

COURSE DESCRIPTION:

This course is designed to introduce the student to functional fitness practices which will enhance human performance through the lifespan. Special emphasis will be placed on the health and skill related components of fitness. The course will also focus on developing skills in planning and implementing functional training programs. This course is subject to a course fee. Refer to <http://mc3.edu/adm-finaid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Explain functional training techniques used to improve human performance through the lifespan.	Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Discussion	Exam Presentations Practical exams
2. Consistently demonstrate safety factors and proper use of equipment in functional training.	Participate in Various Muscular and Cardiovascular Exercises Fitness Assessments Exercise Demonstrations Presentations Research Project Written Assignments Written Exams Individualized Exercise Plan Class Discussions	Exam Presentations Practical exams

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Create a functional training program based on goals and fitness level.	Participate in Various Muscular and Cardiovascular Exercises Fitness Assessments Demonstration Presentations Research Project Written Assignments Individualized Exercise Plan Class Discussions Exercise Workout Log	Individualized Exercise Plan
4. Correlate basic anatomy to the application of functional training	Lecture Exercise Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Exercise Proficiency Examinations Discussion	Exam Skill Assessments Case Studies
5. Utilize a variety of exercise equipment and strategies to improve components of health and skill related fitness.	Exercise Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Exercise Proficiency Examinations Discussion	Exam Skill Assessments Case Studies Individualized Exercise Plan

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Introduction to Functional Fitness
2. Health related components of Fitness
 - a. Muscular Strength
 - b. Muscular Endurance
 - c. Cardiovascular
 - d. Flexibility
 - e. Body Composition
3. Skill related components of fitness
 - a. Agility
 - b. Balance
 - c. Coordination
 - d. Power
 - e. Reaction time
 - f. Speed
4. TRX/Suspension Training
5. Group Fitness
6. Body Weight
7. Pilates
8. Yoga
9. Lifetime Fitness
10. Injury Prevention
11. Movement efficiency
12. Core Stability
13. Cardiovascular Fitness
14. Aqua Fitness
15. Other Training Techniques

LEARNING MATERIALS:

No textbook is required. Supplemental information is provided to the students by the instructor.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

Learning materials include
ACSM's Health & Fitness Journal
NSCA Strength and Conditioning Journal
EXRX.net
ACSM Website
Men's Health – fitness exercises

COURSE APPROVAL:

Prepared by: Anne Livezey & Amanda Wooldridge
VPAA/Provost or designee Compliance Verification:

Date: 9/29/2017
Date: 11/2017

A handwritten signature in cursive script, appearing to read "A. Livezey".

This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.