

Montgomery County Community College  
 ESW-227  
 Exercise Programming for Healthy and Special Populations  
 3-3-0

**COURSE DESCRIPTION:**

This course focuses on providing the student with the knowledge and experience needed to design exercise programs for individuals who meet the ACSM guidelines for healthy adult and special populations. Emphasis will be placed on practical approaches to fitness program design and appropriate adaptations and individualized modifications for each participant. Upon completion of the course, the student will be able to work in a broad range of physical activity settings by applying principles of exercise programming to meet the specific needs of each individual, working in one-on-one and small group settings.

**REQUISITES:***Previous Course Requirements*

- ESW 226 Assessment of Human Fitness

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Apply behavior change theories to individuals across populations and across the lifespan.	Assigned Readings Lecture Group discussion Role Playing SMART goals	Written Examinations Case Studies Written Exercise Program
2. Discuss basic exercise programming principles for all components of health-related fitness.	Assigned Readings Lecture Small Group Videos	Written Examinations Case Studies Written Exercise Program
3. Evaluate how certain conditions, diseases, disabilities and demographic characteristics impact the physiological response to acute and chronic exercise.	Assigned Readings Videos Presentations Research Activities On-site Observations	Research Project Blog entries Student Presentations Written Exercise Program

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Design exercise programs for the healthy adult and a variety of special populations in individual and small group settings.	Assigned Readings Group Discussion Case Studies Role Playing Clinical Observations Journaling	Case Studies Experiential Learning Service Learning Observations Portfolio
5. Develop an individualized exercise program for a client from a specific population based on fitness assessment results and stated goals.	Assigned Readings Group Discussion Case Studies Role Playing Clinical Observations Journaling SMART goals	Case Studies Experiential Learning Service Learning Observations Portfolio

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. Course Introduction
2. Components of Fitness
3. Behavior Modification
  - a. Theories of Behavior Change
  - b. Adherence to Exercise
  - c. Counseling and Coaching Techniques
4. Developing the Exercise Program
  - a. Comprehensive Program Design
  - b. Resistance Training Programs
  - c. Cardiorespiratory Training Programs
  - d. Flexibility Training Programs
5. Adapting the Program for Specific Populations
  - a. Apparently Healthy Adult
  - b. Through the Lifespan
  - c. Pregnancy and Postpartum
  - d. Athletic Populations
  - e. Cardiovascular Disease
  - f. Diabetes
  - g. Obesity
  - h. Hypertension
  - i. Arthritis
  - j. Osteoporosis

- k. Low back pain
- l. Respiratory disorders
- m. Cancer
- n. Eating Disorders

**LEARNING MATERIALS:**

ACSM Personal Trainer Study Kit. ISBN: 978-1469832401

Includes 3 books, all required for course:

ACSM Guidelines for Exercise Testing and Prescription (9th Edition) ISBN:  
9781609139551

ACSM Resources for the Personal Trainer (4th Edition) ISBN: 9781451108590

ACSM Certification Review (4th Edition) ISBN: 9781609139544

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.

**COURSE APPROVAL:**

Prepared by: Amanda Wooldridge and Anne Livezey

Date: 10/2014

VPAA/Provost or designee Compliance Verification:

Victoria L. Bastecki-Perez, Ed.D.

Date: 12/2014

*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.*