

**STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK**



**COURSE OUTLINE**

**HEFI 409: Applied Exercise Prescription**

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**SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE  
HEALTH AND FITNESS PROMOTION  
APRIL 2017**

**HEFI 409 – Applied Exercise Prescription**

- A. **TITLE:** Applied Exercise Prescription
- B. **COURSE NUMBER:** HEFI 409
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**  
 1 hour of direct team meeting with faculty/other members of class per week  
 3-6 hours of applied learning activities working with assigned clients per week

**H. CATALOG DESCRIPTION:**  
 Students directly apply the knowledge and skills learned in HEFI 401: Fitness Assessment and Exercise Prescription to assess the physical fitness of apparently healthy individuals. The focus of the course is on improving the four components of physical fitness (cardiorespiratory fitness, muscular fitness, body composition, and flexibility) of assigned clients, and/or helping clients achieve their objective health and fitness goals. Students are assigned 1-2 apparently healthy clients to prescribe exercise for over the course of the semester.

**I. PRE-REQUISITES/CO-REQUISITES:**  
 a. Pre-requisite(s): HEFI 401; must be of senior status in HEFI program

**J. GOALS (STUDENT LEARNING OUTCOMES):**  
 By the end of this course, the student will be able to:

<i><b>Course Objective</b></i>	<i><b>Institutional SLO</b></i>
a. Demonstrate the ability to effectively interview and intake clients for exercise testing and participation.	1. Communication 2. Crit. Thinking 3. Prof. Competence 4. Inter-intrapersonal
b. Choose appropriate physical fitness tests and measures to assess fitness in clients (cardiorespiratory fitness, muscular fitness, body composition and flexibility).	2. Crit. Thinking 3. Prof. Competence
c. Accurately assess cardiorespiratory fitness, muscular fitness, body composition, and flexibility of clients based on their results using standard, evidence-based tests.	2. Crit. Thinking 3. Prof. Competence
d. Design and implement a comprehensive exercise prescription for individual clients based on results from fitness assessment and client goals.	1. Communication 2. Crit. Thinking 3. Prof. Competence 4. Inter-intrapersonal

**K. TEXTS:**  
 Nieman, D. (2011). *Exercise Testing and Prescription*. New York, NY: McGraw Hill.

ACSM. (2014). *Guidelines for Exercise Testing and Prescription*. Philadelphia, PA: Lippincott Williams & Wilkins.

**L. REFERENCES:**

Other texts used throughout HEFI curriculum.

**M. EQUIPMENT:** Exercise equipment available in the fitness center and field house will be used for client sessions. Basic assessment tools from the PTA/HEFI laboratory will also be utilized. (i.e. blood pressure cuffs, body composition tools)

**N. GRADING METHOD:** A-F

**N. MEASUREMENT CRITERIA/METHODS:**

- Participation
- Weekly written reports to faculty overseeing course regarding client progress and exercise prescription plan
- Final case study(ies)

**P. DETAILED COURSE OUTLINE:**

- I. Client Initial Assessment
  - A. Intake forms
  - B. Interview
  - C. Tests and measures
- II. Client Analysis
  - A. Analyze test and measure results
  - B. Create client problem list
  - C. Goal writing
    - a. Short term
    - b. Long term
  - D. Write general exercise prescription plan
- III. Exercise Prescription
  - A. Aerobic
  - B. Resistance
  - C. Flexibility
- IV. Client Reassessment
  - A. Midterm reassessment
    - a. Use test and measure results to assist in modifying/changing exercise prescription plan
  - B. Final reassessment
    - a. Exit interview
    - b. Compare ending test and measure results to beginning
    - c. Compare ending results to initial goals
    - d. Case study write-up

**Q. LABORATORY OUTLINE:** N/A