

## HPE 250 : PERSONAL TRAINING

In this personal training course students will be given the opportunity to develop their knowledge and application of exercise training as it relates to improving the health, fitness, and well being of various populations in one on one, or group fitness settings. The course includes classroom lessons which includes the study of energy systems, resistance training, conditioning, speed training for athletes, aerobic conditioning for various populations, fitness evaluations, designing training programs, legal responsibilities of a personal trainer, and the business of personal training. In addition students will receive practical experience designing, implementing, and assessing sports performance and general fitness programs for classmates.

3.000

Health and Physical Education