

# North Hennepin Community College

## PE 2110: Advanced Fitness Assessment & Exercise Prescription

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to expand the theoretical knowledge of fitness assessment and exercise prescription into practical application of personal training and exercise science. This course will assist students in bridging the gap of research and practice.

(2 lab hours) Prerequisite: PE 2101

**B. COURSE EFFECTIVE DATES:** 01/13/2014 - 07/31/2015

### C. OUTLINE OF MAJOR CONTENT AREAS

None

### D. LEARNING OUTCOMES (General)

None

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted