

FITN 240 – Vocabulary of Exercise Physiology

Student Learning Outcomes

1. Define and use anatomical, biomechanical and exercise physiological vocabulary and terminology to formulate and interpret fitness assessments.
2. Recall the meaning of the vocabulary to analyze the literature of fitness research.
3. Communicate with other professionals with whom a client may be working, e.g. physical therapist, trainer, orthopedic physician.
4. Accurately define descriptions of exercises or movements that have been expressed in the language of exercise physiology, kinesiology, and exercise trainers.
5. Utilize the vocabulary to verbally express any movement or position.
6. Analyze unknown terms and synthesize meaning through key root works, prefixes, and suffixes.
7. Identify and analyze the terms used in current exercise recommendations.

Assessment

1. Homework is given each class the students meet with the instructor. Homework includes explanation and description of chosen exercise physiology, movement, anatomical and biomechanical position vocabulary. The vocabulary that is chosen is the one it is necessary to learn when personal trainers communicate in the fitness field. The assignment usually is to find the best definition and explain it. Students also need to read assigned fitness articles about exercise recommendation and need to analyze the vocabulary in it.
2. Short quizzes are given each time to review the previous material.
3. A final exam will review the vocabulary both through definition and correct use interpretation and description.