

## **FITN 250 – Personal Trainer Preparation: Anatomy and Physiology**

### **Student Learning Outcomes**

1. Name the bones and types of joint articulations
2. Name the muscles and their actions
3. Explain the sliding filament theory of muscle contraction and the relationship of the nervous system to muscular contraction
4. State differences between energy release by anaerobic and aerobic systems.
5. Explain pathology and risk factors for coronary heart disease and hypertension.
6. Apply basic concepts of nutrition and weight management.

### **Assessment**

1. Three written exams covering material in class and one comprehensive final requiring college level writing skills.
2. One final report about assigned topic that covers energy system, or physiology behind exercise training for coronary heart disease, hypertensive, or overweight clients.
3. Practical exams during the semester covering anatomy of movement.