



HFS-200	Group Exer Instruction	3 (2-2)	Spring
Prerequisites: HFS-110 <sup>S</sup>			
Corequisites: None			
This course introduces the concepts and guidelines of instructing exercise classes. Topics include program designs, working with special populations, and principles of teaching and monitoring physical activity. Upon completion, students should be able to demonstrate basic skills in instructing an exercise class and monitoring workout intensity.(2017 FA)			
HFS-210	Personal Training	3 (2-2)	Spring
Prerequisites: HFS-110 <sup>S</sup> and HFS-111 <sup>S</sup>			
Corequisites: None			
This course introduces the student to the aspects of personal (one-on-one) training. Topics include training systems, marketing, and program development. Upon completion, students should be able to demonstrate personal training techniques and competencies of same.(2017 FA)			
HFS-212	Exercise Programming	3 (2-2)	Fall
Prerequisites: HFS-110 <sup>S</sup>			
Corequisites: None			
This course provides information about organizing, scheduling, and implementation of physical fitness programs. Topics include programming for various age groups, competitive activities and special events, and evaluating programs. Upon completion, students should be able to organize and implement exercise activities in a competent manner.(2017 FA)			
HFS-214	Health and Fitness Law	3 (3-0)	Spring
Prerequisites: None			
Corequisites: None			
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