

scenario-based laboratory experiences, students will learn to properly execute and safely coach novice exercisers through the primary movement patterns. In combination with an introduction to theory, students will be expected to learn and implement techniques used to develop muscular endurance, strength, hypertrophy, power and cardiorespiratory fitness.

Learning Outcomes

Upon completion of this course, students will be able to:

- 1.

Due dates are provided below and will be communicated on OWL Brightspace. Assigned work, including formal assignments and lab work documentation are due as communicated below and in OWL Brightspace. Assignments are due before the date and time listed. Failure to submit assignments by posted due dates and times will result in a late penalty of 10% per day. Accommodations for assignments and examinations must be made through the Academic Support and Engagement office.

