

Montgomery County Community College
ESW 151
Fundamentals of Functional Training
2-1-2

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Create a functional training program based on goals and fitness level.	Participate in Various Muscular and Cardiovascular Exercises Fitness Assessments Demonstration Presentations Research Project Written Assignments Individualized Exercise Plan Class Discussions Exercise Workout Log	Individualized Exercise Plan
4. Correlate basic anatomy to the application of functional training	Lecture Exercise Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Exercise Proficiency Examinations Discussion Exercise Demonstration	Exam Skill Assessments Case Studies
5. Utilize a variety of exercise equipment and strategies to improve components of health and skill related fitness.		

COURSE APPROVAL:

Prepared by: Anne Livezey & Amanda Wooldridge
VPAA/Provost or designee Compliance Verification:

Date: 9/29/2017
Date: 11/2017

