

# Fitness Programming and Management (FPM)

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## **FPM 2130: Exercise Techniques**

This course provides an overview of basic exercise techniques for successful exercise programming. Students will gain a deeper understanding of how to train the body to move more efficiently and how to teach movement and exercises to variety of clients. This course will help prepare students to take a national certification from the American College of Sports Medicine as a Certified Personal Trainer (ACSM-CPT) or Group Exercise Instructor (ACSM-GEI). It is a required course for students majoring in Fitness Programming Management but is open to non-majors. Graded on A-F basis only.

**Credit Hours:** 3

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## **FPM 2140: Exercise Practicum I**

(same as NEP 2140). This course provides an overview of the necessary skills and techniques for successful implementation of exercise programming. This course will help prepare the student for completion of the PANHP degree and prepare for completion of the ACSM EP-C certification.

**Credit Hours:** 3

**Prerequisites:** NEP 1340 and NEP 1485

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## **FPM 3130: Exercise Techniques II**

This course introduces students to the proper technique for advanced resistance training exercises. Areas of focus include Olympic lifting, total body explosive exercises, plyometric training, and exercises using alternative modes and nontraditional implements. In addition, basic speed and agility training is introduced. Emphasis is placed on providing students with guidelines and strategies to teach safe and effective advanced exercises, to recognize and correct improper technique, and to know the primary musculature involved in each exercise. While not required for credit completion, this course serves to help prepare students for the practical application portion of the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) exam. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** FPM 2130

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## **FPM 3250: Foundations of Movement in Exercise**

This course serves as an introduction to the basic mechanics and terminology of human movement. Students will build upon concepts learned in human anatomy to analyze and identify the anatomical features involved in basic human movements. Emphasis will be placed on musculoskeletal structure and function related to exercise. Graded on A-F basis only.

**Credit Hours:** 3

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**Prerequisites:** PTH\_AS 2201

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## **FPM 4140: Exercise Practicum II**

Undergraduate course, designed to provide advanced skills and advanced exercise techniques for successful implementation of exercise programming. Student will demonstrate proficiency in fitness assessment, exercise prescription, and programming to a variety of populations. This course will help prepare the student for the FPM capstone course (Fitness Management 4xxx), completion of the FPM degree, and prepare for the ACSM EP-C certificate. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** NEP 2140

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## **FPM 4440: Fitness Programming**

This course is designed to develop a fundamental understanding of annual training regimens and program design. An emphasis is placed on understanding test selection and evaluating results to form appropriate regime and applying the periodization theory to cardiovascular, strength, and agility training. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** FPM 3130

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## **FPM 4440W: Fitness Programming - Writing Intensive**

This course is designed to develop a fundamental understanding of annual training regimens and program design. An emphasis is placed on understanding test selection and evaluating results to form appropriate regime and applying the periodization theory to cardiovascular, strength, and agility training. Graded on A-F basis only.

**Credit Hours:** 3

**Prerequisites:** FPM 3130

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## **FPM 4550: Internship in Fitness Programming Management**

Focuses on opportunities to gain real-world field experience by learning new skills, developing professional contacts, and applying academic knowledge in a community fitness or athletic setting. The course will allow students to explore a particular career path and practice professional competencies needed to perform successfully in the field. Graded on A-F basis only.

**Credit Hour:** 1-6

**Prerequisites:** FPM 3130

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