運動処方演習

Syllabus Number AHS-401

Elective 1 credit

HIRUMA, Eisuke

1. Course Description

Practical application of physiological principles related to the assessment of functional physical capacity and the prescription of exercise for healthy adult populations, based upon American College of Sports Medicine (ACSM) health-related fitness recommendations. Development of practical skills and professionalism for performing fitness assessments, including: the pre-participation screening; heart rate and blood pressure at rest and during exercise; and assessments of body composition, cardiorespiratory fitness, muscular strength, health-related blood test, and flexibility. Includes interpretation of health-related fitness assessment results and the prescription of appropriate fitness programs for improving musculoskeletal strength and flexibility, cardiorespiratory fitness, and weight loss