



KINE 190 - Introduction to Personal Training Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616739

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 190

Course Title Introduction to Personal Training

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade Only

Distance Education Mode of Instruction On-Campus
Hybrid
Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course provides students with information regarding exercise, stretching, nutrition and business practices of personal trainers. Course prepares students to take the national exam to become certified personal trainers.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- B. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.
- C. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- D. Students will understand basic principles of anatomy, physiology, and/or bio-mechanics and apply the knowledge to movement activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate fitness concepts and be able to incorporate into client fitness plan.
- B. Develop and evaluate a fitness plan for clients;
- C. Introduction to anatomy, physiology and bio-mechanics as related to development of personal training programs:
- D. Outline best practices for a personal fitness business
- E. Demonstrate proper individual and group exercise leadership skills for general and special populations;
- F. Integrate behavior modification techniques and concepts of health and wellness to formulate comprehensive training plans;
- G. Evaluate client food intake and educate clients on healthful eating habits for weight management and physical performance;
- H. Utilize psychological concepts to provide development and continued motivation.
- I. Analyze emerging information in the field of nutrition, health, and fitness and differentiate between credible and non-credible sources and information.
- J.

3. Course Content

I. Scientific rationale for integrated training

- A. The OPT Model
- B. The program template

II. Basic exercise science

- A. Nervous system
- B. Skeletal system
- C. Muscular system
- D. Cardiorespiratory system

III. Human movement science

- A. Biomechanics
- B. Motor behavior
- C. Motor Control
- D. Motor Learning

IV. Fitness assessment

- A. General history
- B. Medical history
- C. Physiological assessments (heart rate, pulse, BP)
- D. Body composition
- E. Cardiorespiratory assessments
- F. Static and movement assessments
- G. Basic performance assessments

V. Flexibility training

- A. Review of the kinetic chain
- B. Scientific rationale for flexibility training
- C. Corrective, active and functional flexibility
- D. Static stretching
- E. Dynamic stretching
- F. Flexibility for movement compensation patterns

VI. Cardiorespiratory training concepts

- A. Importance of cardiorespiratory training
- B. Uses of cardiorespiratory training (warm up, training, cool down)
- C. FITT principle
- D. Stage training
- E. Special postural considerations

VII. Core training concepts

- A. Importance of properly training stabilization system
- B. Core musculature
- C. Core stabilization training
- D. Designing a core training program

VIII. Balance training concepts

- A. Importance of balance
- B. Balance and joint dysfunction
- C. Designing a balance training program

IX. Reactive (power) training concepts

- A. Importance of reactive training concepts
- B. Designing a reactive training program

X. Speed, agility & quickness concepts

- a. Drills and programing strategies

XI. Resistance training concepts

- A. General adaptation syndrome
- B. Stabilization level resistance training
- C. Strength level resistance training
- D. Power level resistance training

XII. Program design concepts

- a. Variables of training (repetitions, sets, intensity, intervals, volume, frequency, duration, selection)
- b. Stabilization, strength, and power
- c. Special populations

XIII. Nutrition

- A. Macronutrient function
- B. Importance of water and performance
- C. Altering body composition
- D. Basic nutrition guidelines
- E. Supplementation

XIV. Behavior modification

- a. Sport psychology

V. Professional development

- a. Purpose of a business
- b. Customer service
- c. Legal aspects of running a business

4. Methods of Instruction:

Discussion: small group experiential /study

Distance Education: hybrid or online

Lecture: various content topics

Observation and Demonstration: various sub-disciplines listed in content

Other: Reading and writing assignments

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Multiple choice, essay and short answer; may include practical physical demonstrations

Portfolios -- Describing pathway and requirements for career in personal training

Class Work -- Discussions, lectures, and written presentations

Lab Activities -- Fitness activities that will measure fitness: including cardiovascular, strength, flexibility

Final Exam -- Written exam with multiple-choice questions

Additional assessment information:

Research training plans to establish validity, assess and develop training plans for various clients

Reading and writing assignments from text

Letter Grade Only

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Reading Assignments

Students will read from text. Example 1. Chapter 2: Basic Exercise Science

Example 2. Chapter 5. Fitness Assessment

B. Writing Assignments

Written assignments directly from text or supplemental reading

Example 1. With a partner, perform fitness assessment. Provide potential exercises and program to address client's needs

Example 2. Complete OPT for fitness chart for clients

C. Other Assignments

Research.

Student will evaluate job opportunities for personal trainers

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Clark, M.A., B.G. Sutton, and S.C. Lucett

Title: NASM Essentials of Personal Fitness Training

Publisher: Jones & Bartlett Learning
Date of Publication: 2014
Edition: 4th

B. Other required materials/supplies.