

KIN A296: PERSONAL TRAINER

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083520 - Fitness Trainer
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

This course will provide students with the knowledge and confidence to become leaders in the personal training industry to be prepared for careers as fitness professionals. Topics to include an investigation of the personal training industry, fitness assessment, and program design. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Students will be able to effectively communicate with a wide range of fitness clients
2. Students will be able to use fitness assessment to create personalized fitness programs for clients.

Course Objectives

- 1. Demonstrate how to perform various exercises and routines
- 2. Plan and prepare exercises in an organized prescription for the general population
- 3. Watch and analyze students doing exercises and provide feedback on postures and forms
- 4. Learn how to express and communicate fitness principle to other students
- 5. Identify best principle for ethics, liability, and business practices
- 6. Plan and Provide alternative exercises during workouts or classes for different levels of fitness and skill
- 7. Demonstrate or explain correct exercise techniques to minimize injuries and improve fitness
- 8. Learn how to research and gain knowledge on information or resources about nutrition, weight control, and lifestyle issues
- 9. Demonstrate knowledge in and educate on stages of behavior change, goals setting, time management, and communication styles.
- 10. Be able to run a successful Personal Training business in a gym setting, private venue, open facility, or in house training.

Lecture Content

Program Administration and management Long term goal setting Management of Personnel Successful program development Budget Development Acquirement of Equipment and Supplies Record Keeping Program Evaluation Business of Personal training Scope of practice for the personal trainer Successful trainer qualities and professionalism Commercial gym settings Alternate training settings Self-employment and building a business Prospecting and retaining clients and trainer business goal setting Continuing Development: Annual National Continuing Education Classes and Specialty Certifications Leadership and Implementation Principles of Motivation Communication and Teaching techniques Basics of Behavioral Change and Health Psychology The ACE Integrated Fitness Training Model Exercise Testing and Assessment Demonstrate or explain correct exercise techniques to minimize injuries and improve fitness Provide alternative exercises during workouts or classes for different levels of fitness and skill Monitor clients progress and adapt programs as needed Explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment Information or resources about nutrition, weight control, and lifestyle issues Program Design Stage of Change (Transtheoretical Model) Precontemplation Contemplation Preparation Action Maintenance Goal Setting (S-M-A-R-T) Functional Assessment, Cardiopiratory Training, Resistance training Exercise Selection and Creation Program Enhancements Plyometrics Balance training Core Work Power Special Exercise Programming topics Mind-Body Exercise Exercise for Special Populations Injury Prevention and First Aid Common Musculoskeletal Injuries and Implications Emergency Procedures

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture, discussion, demonstration, field-based experiments, computer demonstration, Internet exploration and problem solving.

Reading Assignments

Handouts provided by the instructor of record on current standards and practice in the field of fitness specialist and personal training. Students will spend approximately three hours a week reading these and other articles that they find related to their specific interests.

Writing Assignments

Students will spend approximately one hour a week working on journals and self-evaluations based on progress made on skills pertaining to becoming a personal trainer

Out-of-class Assignments

Students will spend approximately 3 hours a week researching and practicing the skills for becoming a personal trainer.

Demonstration of Critical Thinking

Practical examinations, Written Assignments, Class Projects, Problem Solving Exercises, Internet Assignments

Required Writing, Problem Solving, Skills Demonstration

Practical examinations, Written Assignments, Class Projects, Problem Solving Exercises, Internet Assignments

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Bryant, C., Merrill, S., Green, D. ACE Exercise Personal Trainer Manual, 5th ed. San Diego: ACE American Council On Exercise, 2013

Other Resources

1. Handouts provided by the instructor of the course on pertinent information.