

KIN A297: FITNESS SPECIALIST PRACTICUM

Item	Value
Curriculum Committee Approval Date	10/06/2021
Top Code	083520 - Fitness Trainer
Units	2 Total Units
Hours	90 Total Hours (Lecture Hours 9; Lab Hours 81)
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 a hands-on experience in fitness evaluation and assessment for healthy populations. Students will learn how to accurately perform skinfolds measurement, assess flexibility, strength, and muscular endurance. Maximum and submax cardiovascular endurance assessment will also be covered. Exercise programming based on assessment will be completed. Current CPR certification to be verified by instructor during first class meeting. Certification in NASM, CSC, NSCA, ACSM in Personal Training or Strength and Conditioning. PREREQUISITE: KIN A280. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Work in a diverse setting establishing professionalism and open communication about exercise with supervision in the fitness complex.
2. Demonstrate knowledge and expertise in developing exercise prescription by writing exercise programs.
3. Be able to understand and demonstrate (under supervision) how to run a successful fitness program; both one on one and in a group setting.
4. Demonstrate the skills necessary to be a personal trainer in a fitness facility. Proficiency needs to be established with fitness testing, assessment, and measurement techniques.

Course Objectives

- 1. Practice proper techniques in the field of exercise testing, prescription, and exercise evaluations
- 2. Demonstrate high standards of professionalism including code of conduct, ethics, and time management with clients
- 3. Demonstrating a model of fitness in daily nutrition, exercise, and representation
- 4. Demonstrate a wide knowledge base in the field of exercise which allows for open discussion, research based exercise prescription, and organization of workouts.
- 5. Practice proper privacy requirements of sensitive information for clients and exercise testing and measurements

- 6. Demonstrate specific skills in teaching exercise techniques for all muscle groups through the " Tell, Show, Do" model
- 7. Demonstrate the skills necessary to communicate with a variety of diverse groups while gathering personal information.
- 8. Be able to write a resume and cover letter and that will help secure an internship or job
- 9. Be able to successfully research internship and job sites based on student learning objectives on and off campus.

Lecture Content

A. Develop skills necessary for internships and/ or job placement 1. Establish student learning objectives 2. Resume building and writing 3. Career Search: How to find a job or internship? 4. Research on National Organizations and Certifications Available in the field 5. Learning how to communicate with diverse groups: Health History, Goals Setting, Exercise Prescription Development B. Rotation through a variety of work settings in the fitness complex: Supervised: 1. Paperwork and attendance work 2. Fitness Evaluations 3. Assessment of evaluations and writing exercise prescription 4. Safety Management 5. Observation, assessment, and training of students, faculty, and staff C. Completion of supervised task on the fitness floor in a timely manor 1. Task management and assessment 2. Time management in a fitness setting D. Maintenance and Cleanliness of facility 1. Establishing a well run and maintained facility a. Routine of equipment checks and cleaning

Lab Content

A. Art of personal training: 1. Skills and technique practice a. Efficiency tests 2. Communication skills a. Discussions and practice B. Business Management 1. How to run a successful personal training business 2. Legality, Ethics, and Insurance

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

A. Lecture B. Demonstration C. Practical Application in a supervised setting

Reading Assignments

Students will spend approximately one hour a week researching current fitness trends and fitness journals to expand knowledge base

Writing Assignments

Students will spend approximately one hour a week working on the following projects: A Create a cover letter and resume B. Maintain a log or journal relating to practical experience and documentation of hours C. Active participatory experience in individual study as follow through on meeting the learning objectives.

Out-of-class Assignments

Student will create student learning objectives Students will spend approximately one hour a week performing career searches and creating student learning objectives.

Demonstration of Critical Thinking

1. Evaluation by directed practice site supervisors, comparing quality of standard fitness center operations. 2. Evaluation by directed practice instructor of student journal entries, completion of hours and time spent in a variety of areas of work.

Required Writing, Problem Solving, Skills Demonstration

1. Maintain and log or journal of directed practice experience and documentation of work. 2. Active participatory experience in individual study and supervised self evaluation and discussion about meeting student learning objectives.

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, 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. 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, 2021 2. Required American Council on Exercise. Essentials of Exercise Science for Fitness Professionals, ed. American Council On Exercise, 2010
Rationale: .

Other Resources

1. Selected handout materials to be provided and distributed by the instructor