

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Personal Trainer Exam Review Course
<b>COURSE NUMBER</b>	EXSC-0157
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	3
<b>CONTACT HOURS/WEEK</b>	Class: 3
<b>PREREQUISITES</b>	Exercise Physiology, Anatomy & Physiology, and Exercise Testing and Prescription
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

This is a 6 week course is designed to provide theoretical knowledge and practical skills in preparation for a American Council on Exercise national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming. Upon completion of this course, students are eligible to sit for the ACE-CPT exam.

## Program Learning Outcomes

1. Student will be able to analyze and implement an appropriate assessment of the client to determine their exercise needs
2. Student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports, and athletic performance
3. The student will be able to recognize incorrect lifting technique and develop a plan for error correction.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels,

conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## **COURSE OUTLINE**

- I. Introduction to Exercise Science
  - A. Exercise Physiology
  - B. Human Anatomy
  - C. Biomechanics and Applied Kinesiology
  - D. Nutrition
- II. Screening and Evaluation
  - A. Health Screening
  - B. Testing and Evaluation
- III. Principles and Methods of Training
  - A. Cardiorespiratory Fitness and Exercise
  - B. Muscular Strength and Endurance
  - C. Strength Training Program Design
  - D. Flexibility
- IV. Individualized Program Design
  - A. Programming for the Healthy Adult
  - B. Special Populations and Health Concerns
- V. Leadership and Implementation
  - A. Principles of Adherence and Motivation
  - B. Communication and Teaching Techniques
  - C. Basics of Behavior Changes and Health Psychology
- VI. Injury Prevention and First Aid
  - A. Musculoskeletal Injuries
  - B. Emergency Procedures
- VII. Legal Issues

## **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. The student will demonstrate the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.
- B. The student will identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.
- C. The student will demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model.

- D. The student will demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques.
- E. The student will exhibit the communication skills needed in personal fitness instruction.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.