

# KINE-190: INTRODUCTION TO PERSONAL TRAINING

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## Justification for this inactivation request

Unable to offer

## Effective Term

Fall 2024

## SECTION A - Course Data Elements

### CB04 Credit Status

Credit - Degree Applicable

### Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

### Subject Code

KINE - Kinesiology

### Course Number

190

### Department

Kinesiology

### Division

Kinesiology & Athletics

### Full Course Title

Introduction to Personal Training

### Short Title

Intro to Personal Training

### CB03 TOP Code

1270.00 - Kinesiology

### CB08 Basic Skills Status

NBS - Not Basic Skills

### CB09 SAM Code

E - Non-Occupational

## SECTION B - Course Description

### Catalog Course 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.

## SECTION C - Conditions on Enrollment

### Open Entry/Open Exit

No

### Repeatability

Not Repeatable

### Grading Options

Letter Grade Only

**Allow Audit**

Yes

**Requisites****SECTION D - Course Standards****Is this course variable unit?**

No

**Units**

3.00

**Lecture Hours**

54.00

**Outside of Class Hours**

108

**Total Contact Hours**

54

**Total Student Hours**

162

**Distance Education Approval****Is this course offered through Distance Education?**

Yes

**Online Delivery Methods**

DE Modalities	Permanent or Emergency Only?
Hybrid	Permanent

**SECTION E - Course Content****Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
2.	Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.
3.	Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
4.	Students will understand basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

**Course Objectives**

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate fitness concepts and be able to incorporate into client fitness plan.
2.	Develop and evaluate a fitness plan for clients.
3.	Introduction to anatomy, physiology and biomechanics as related to development of personal training programs.
4.	Outline best practices for a personal fitness business.
5.	Demonstrate proper individual and group exercise leadership skills for general and special populations.
6.	Integrate behavior modification techniques and concepts of health and wellness to formulate comprehensive training plans.
7.	Evaluate client food intake and educate clients on healthful eating habits for weight management and physical performance.
8.	Utilize psychological concepts to provide development and continued motivation.

9. Analyze emerging information in the field of nutrition, health, and fitness and differentiate between credible and non-credible sources and information.

### Course Content

1. Scientific rationale for integrated training
  - a. The OPT Model
  - b. The program template
2. Basic exercise science
  - a. Nervous system
  - b. Skeletal system
  - c. Muscular system
  - d. Cardiorespiratory system
3. Human movement science
  - a. Biomechanics
  - b. Motor behavior
  - c. Motor Control
  - d. Motor Learning
4. 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
5. 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
6. 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
7. Core training concepts
  - a. Importance of properly training stabilization system
  - b. Core musculature
  - c. Core stabilization training
  - d. Designing a core training program
8. Balance training concepts
  - a. Importance of balance
  - b. Balance and joint dysfunction
  - c. Designing a balance training program
9. Reactive (power) training concepts
  - a. Importance of reactive training concepts
  - b. Designing a reactive training program
10. Speed, agility & quickness concepts
  - a. Drills and programing strategies
11. Resistance training concepts
  - a. General adaptation syndrome
  - b. Stabilization level resistance training
  - c. Strength level resistance training
  - d. Power level resistance training
12. Program design concepts

- a. Variables of training (repetitions, sets, intensity, intervals, volume, frequency, duration, selection)
  - b. Stabilization, strength, and power
  - c. Special populations
13. Nutrition
- a. Macronutrient function
  - b. Importance of water and performance
  - c. Altering body composition
  - d. Basic nutrition guidelines
  - e. Supplementation
14. Behavior modification
- a. Sport psychology
15. Professional development
- a. Purpose of a business
  - b. Customer service
  - c. Legal aspects of running a business

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Discussion	Small group experiential /study
Lecture	Various content topics
Observation and Demonstration	Various sub-disciplines listed in content
Other	Reading and writing assignments

### Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Lecture	

### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Chat Rooms  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

### Student-Initiated Online Contact Types

Chat Rooms  
 Discussions  
 Group Work

### Course design is accessible

Yes

## Methods of Evaluation

### Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Multiple choice, essay and short answer; may include practical physical demonstrations. Final Exam - Written exam with multiple-choice questions
Portfolios	Describing pathway and requirements for career in personal training.

Other	Class Work - Discussions, lectures, and written presentations
Lab Activities	Fitness activities that will measure fitness: including cardiovascular, strength, flexibility.
Other	Research training plans to establish validity, assess and develop training plans for various clients. Reading and writing assignments from text.

## Assignments

### Reading Assignments

Reading Assignments

Students will read from text.

Example 1. Chapter 2: Basic Exercise Science

Example 2. Chapter 5. Fitness Assessment

### 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.

### Outside-of-Class Assignments

Research.

Student will evaluate job opportunities for personal trainers.

## SECTION F - Textbooks and Instructional Materials

### Material Type

Textbook

### Author

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

### Title

NASM Essentials of Personal Fitness Training

### Edition/Version

4th

### Publisher

Jones & Bartlett Learning

### Year

2014

## SECTION G - Diversity, Equity and Inclusivity

### Course Codes (Admin Only)

#### CB00 State ID

CCC000616739

#### CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

#### CB11 Course Classification Status

Y - Credit Course

#### CB13 Special Class Status

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

No

**Only Pass/No Pass**

No