Syllabus

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Personal Trainer Exam Review Course
COURSE NUMBER: EXSC0157
CREDIT HOURS: 2 credits
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
E-Mail: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE(S): None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:

This course is designed to provide theoretical knowledge and practical skills in preparation for an 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.

METHOD 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

EXPECTED LEARNER OUTCOMES:

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.

COURSE COMPETENCIES:
The student will demonstrate the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.

1. The student will be able to define exercise physiology.
2. The student will be able to discuss the components of optimum fitness.
3. The students will be able to explain the physiology of the cardiopulmonary system.
4. The student will be able to explain the energy production in cells.
5. The student will be able to discuss the overload principle.
6. The student will be able to explain the respiratory, nervous, skeletal and muscular systems.
7. The students will be able to discuss the four types of motion.
8. The students will be able to discuss the basic of nutrition facts relating to client needs.
9. The students will be able to discuss the components of an effective health screening.
10. The student will discuss the importance of the health screening forms.
11. The student will demonstrate their ability to measure heart rate and blood pressure.
12. The student will be able to discuss the differences between hydrostatic weighting, body mass index, anthropometry and flexibility tests.

The student will identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.

13. The student will be able to identify the benefits of cardiorespiratory fitness.
14. The students will be able to list the components of aerobic exercise program.
15. The student will be able to discuss the differences between continuous training, interval training, fartlek training, circuit training and aerobic cross training.
16. The student will be able to discuss the four categories of strength-training equipment.
17. The students will be able to identify the 5 basic program designs.

The student will demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model.

18. The student will be able to identify and implement the 4 primary steps in designing a formal, comprehensive exercise program.
19. The student will be able to address the basic guidelines for working with clients with health conditions and/or special needs.
20. The student will be able to define adherence and list the factors that will influence exercise adherence.
The student will demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques.

21. The student will be able to identify various commercial fitness machines and list the purpose of each of these machines.
22. The student will be able to discuss the stages of the personal trainer/client relationship.
23. The student will be able to identify the signs and symptoms of inflammation.
24. The student will be able to discuss the acute treatment of musculoskeletal injuries.
25. The student will demonstrate the proper procedures for administration of CPR and AED.
26. The student will be able to identify common medical emergencies and injuries.

The student will exhibit the communication skills needed in personal fitness instruction.

27. The student will be able to discuss scope of professional practice.
28. The student will be able to identify types of liability insurances.
29. The students will be able to discuss standards of care, assumption of risk and negligence.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome at any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunities to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendment of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.
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