

KIN M16: PERSONAL TRAINING PRINCIPLES

Originator

jkreil

Co-Contributor(s)
Name(s)

Black, Adam (ablack)

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M16

Course Title (CB02)

Personal Training Principles

Banner/Short Title

Personal Training Principles

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M95

Catalog Course Description

Introduces exercise physiology, biomechanics, and anatomy as foundational concepts for appropriate exercise programming. Includes learning and applying popular pre-exercise assessments for a variety of populations and abilities. Relates the principles of exercise science and program design to prepare students for successful completion of a personal training certification and for fitness business.

Taxonomy of Programs (TOP) Code (CB03)

0835.20 - *Fitness Trainer

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

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

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

35

Maximum Contact/In-Class Lecture Hours

35

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

87.5

Total Maximum Contact/In-Class Hours

87.5

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

70

Maximum Outside-of-Class Hours

70

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Advisories on Recommended Preparation

KIN M18

Entrance Skills**Requisite Justification****Requisite Type**

Recommended Preparation

Requisite

KIN M18

Requisite Description

Course not in a sequence

Level of Scrutiny/Justification

Content review

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | apply knowledge of exercise science to be certified trainer in finding employment. |
|---|--|

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|----|---|
| 1 | apply motivational interviewing techniques to gather client information. |
| 2 | describe the interaction between different systems as it relates to physiological adaptation. |
| 3 | apply bioenergetics to exercise program design. |
| 4 | administer initial client consultations and a comprehensive health-related physical fitness assessment. |
| 5 | develop effective goal setting plans for clients. |
| 6 | develop exercise programs for a variety of populations, goals, and levels of experience. |
| 7 | describe the role of nutrition for health and fitness. |
| 8 | demonstrate proper weight training techniques for a variety of movement styles. |
| 9 | utilize web-based resources for exercise program design. |
| 10 | explain legal considerations related to operating a fitness business. |

Course Content**Lecture/Course Content**

- **(15%) Motivational Interviewing**
 - apply motivational interviewing techniques to gather client information.
 - administer initial client consultations and a comprehensive health-related physical fitness assessment.
 - develop effective goal setting plans for clients.
- **(25%)- Human body systems**
 - describe the interaction between different systems as it relates to physiological adaptation.
 - describe the role of nutrition for health and fitness.
- **(45%) - Exercise Program Design**
 - apply bioenergetics to exercise program design.
 - develop exercise programs for a variety of populations, goals, and levels of experience.
 - demonstrate proper weight training techniques for a variety of movement styles.
 - utilize web-based resources for exercise program design.
- **(15%)- Business of Fitness**
 - explain legal considerations related to operating a fitness business.

Laboratory or Activity Content

- **(25%) - Planes of motion**
- **(25%) - Fitness testing procedures**
- **(25%) - Movement Style**
- **(25%) - Flexibility techniques**

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
 Skills demonstrations
 Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
 Clinical demonstration
 Essay exams
 Group projects

Laboratory activities
 Laboratory reports
 Objective exams
 Oral presentations
 Problem-solving exams
 Participation
 Quizzes
 Role playing
 Reports/Papers/Journals
 Research papers
 Skills demonstrations
 Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Collaborative group work
 Class activities
 Class discussions
 Case studies
 Distance Education
 Demonstrations
 Field experience/internship
 Field trips
 Group discussions
 Guest speakers
 Instructor-guided interpretation and analysis
 Instructor-guided use of technology
 Laboratory activities
 Lecture

Describe specific examples of the methods the instructor will use:

- Students will calculate macronutrient needs according to approved dietary guidelines.
- Students will record themselves highlighting a regression and progression of an exercise.
- Students will leverage a web-based program design tool to develop exercise plans for a variety of goals.

Representative Course Assignments

Writing Assignments

- Calculate and apply nutrient recommendations for a typical client.
- Apply the S.M.A.R.T. (Specific, Measurable, Action Oriented, Realistic, Time-bound) system of goal setting to interview a prospective client.

Critical Thinking Assignments

- Develop unique exercise programs for various clients
- Conduct an exercise analysis to determine proper form.

Reading Assignments

- Nutrition articles from dotFIT website
- Fitness-related articles from PTontheNet

Skills Demonstrations

- Conducting fitness assessments
- Demonstrating various flexibility techniques

Outside Assignments

Representative Outside Assignments

- Interview a potential client and create an agreed upon behavior modification plan.
- Review current nutrition and exercise-related research.

Articulation**Equivalent Courses at other CCCs**

College	Course ID	Course Title	Units
LA City College	KIN MAJ 117	Personal Trainer Instructor	3
College of the Redwoods	KINS 63	Personal Training Principles	3
Santa Ana College	KNPR 202	Introduction to Personal Training	3

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****F. Ethnic Studies/Gender Studies****Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

F2008

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionSteele, Kevin D., Scott Lucett, and Dan Duran. *The Personal Training Academy Global's Guide to Personal Training*. Personal Training Academy Global, 2018.**Resource Type**

Textbook

DescriptionCoburn, Jared, and Moh Malek, editors. *National Strength and Conditioning Association's (NSCA's) Essentials of Personal Training*. 2nd ed., Human Kinetics, 2012.**Resource Type**

Other Resource Type

DescriptiondotFIT: <http://www.dotfit.com/>

This website can be utilized by students to review current research as it pertains to the class. This can aid in their comprehension of complex concepts, or further understanding to bridge the gap from text theory to application..

Library Resources**Assignments requiring library resources**

Research peer reviewed articles, papers and/or presentations on fitness-related topics.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Explain the role of creatine monohydrate in anaerobic activities.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Share regressed and progressed exercise examples -Justification for dietary supplementation
Other DE (e.g., recorded lectures)	Narrated course lectures Embedded videos for student analysis
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
E-mail	Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Share regressed and progressed exercise examples -Justification for dietary supplementation
Other DE (e.g., recorded lectures)	Narrated course lectures Embedded videos for student analysis
E-mail	Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas
Other DE (e.g., recorded lectures)	Narrated course lectures Embedded videos for student analysislecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

Examinations

Hybrid (1%–50% online) Modality

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Additional local certifications required

Current NCCA-approved fitness certification

Review and Approval Dates

Department Chair

09/23/2020

Dean

10/15/2020

Technical Review

10/30/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

11/3/2020

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000524732

DOE/accreditation approval date

MM/DD/YYYY

