

Common Course Outline for: *EXSC 2310 Foundations of Personal Training*

A. Course Description

1. Number of credits: 3
2. Lecture hours per week: 3 hours
Lab hours per week: None
3. Prerequisites: Recommended eligible for READ 1106
4. Co-requisites: None
5. MnTC Goals: None

A comprehensive course to familiarize students with all aspects of personal training through the developmental curriculum designed by the National Strength and Conditioning Association (NSCA) or American College of Sports Medicine. This class is a preparatory course for becoming an NSCA or ACSM Certified Personal Trainer.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. Exercise science, including exercise physiology, human anatomy, biomechanics, and nutrition.
2. Health and fitness screening, including testing and evaluation.
3. Principles and methods of training, including cardiorespiratory fitness and exercise, muscular strength and endurance, strength training program design, and flexibility.
4. Individualized program design, including programming for the healthy adult and special population and health concerns.
5. Leadership implementation, including principles of adherence and motivation and communication and teaching techniques.
6. Injury and prevention, including musculoskeletal injuries and emergency procedures.
7. Legal issues, including legal guidelines and professional responsibilities

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Acquire knowledge of principles and methods of personal training.
2. Select and administer appropriate fitness evaluation protocols and assessment questionnaires in order to assess health and lifestyle status, cardiovascular fitness level, and body composition.
3. Experience and apply practical fundamentals of exercise science.
4. Design and implement appropriate exercise training programs based on interpretation of client history and questionnaires.
5. Recognize legal aspects of personal training.
6. Effectively communicate skills and techniques to complete necessary evaluation forms, explain evaluation data of clients, assist clients in establishing fitness and exercise goals, and work with clients on exercise options and techniques.

E. Methods for Assessing Student Learning

At the discretion of the Instructor, students will be evaluated according to attendance, participation in lectures and laboratory activities, client interactions, presentations, and written exams.

F. Special Information None