

Course Outline for: EXSC 2310 Foundations of Personal Training**A. Course Description:**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

This is a lecture-based, preparatory course for becoming a NSCA or ACSM Certified Personal Trainer, which demands a strong academic foundation in kinesiology for applying exercise concepts. Through a rigorous and comprehensive approach, students learn all aspects of client exercise and personal training by following the curriculum designed by the National Strength and Conditioning Association (NSCA) or American College of Sports Medicine (ACSM).

B. Date last reviewed/updated: May 2025**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. Apply knowledge of principles and methods of personal training.
2. Administer appropriate fitness evaluation protocols and assessment questionnaires in order to assess health and lifestyle status, cardiovascular fitness level, and body composition for a client.
3. Implement appropriate exercise training programs based on interpretation of client history and questionnaires.
4. Calculate energy requirements and discuss energy balance for clients.
5. Identify legal aspects within the profession of personal training.

6. Integrate into a personal training program the safety standards, fundamentals, techniques, and strategies of strength training.
7. Apply fundamental knowledge of benefits, adaptations and principles to designing resistance training programs.
8. Explain appropriate muscles, movements, and joint actions executed through various exercises.
9. Explain how each individual fitness component plays an integral role in overall physical fitness.
10. Implement the training variables into a personal fitness program.
11. Discuss the behavior change process as it relates to personal wellness.
12. Explain how food choices affect overall health and wellness.
13. Interpret the relationship between stress and wellness.
14. Examine the role fitness and wellness play in overall health and the implications on disease risk and prevention.
15. Differentiate the various professional organizations and certifying agencies within the field.
16. Identify professional expectations of employment within the field of exercise science.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Class attendance
2. Participation in class discussions
3. Presentations
4. Quizzes and written exams

F. Special Information:

None