

Course Outline for: EXSC 2330 Applications of Personal Training**A. Course Description:**

1. Number of credits: 2
2. Lecture hours per week: 2
3. Prerequisites: EXSC 2300 Introduction to Exercise Science
EXSC 2305 Exercise Physiology
EXSC 2310 Foundations of Personal Training
4. Corequisites: None
5. MnTC Goals: None

Personal training requires hands-on instruction and demonstration of strength, cardiovascular, and flexibility techniques to ensure a results-oriented experience for the client. Students perform assessments on individuals to design and implement fitness workouts. As the individuals' needs change, the students adapt the individualized training programs. Throughout the course, students demonstrate assessment techniques, verbal and manual cueing, and safe execution of exercises.

B. Date last reviewed/updated: May 2025**C. Outline of Major Content Areas:**

1. Personal trainer ethics and professionalism
2. Personal trainer/client relationship including evaluation of health status and conducting an effective client interview for obtaining health history and fitness goals
3. Assessment and evaluation of muscular strength, muscular endurance, flexibility, cardiovascular endurance and body fat
4. Exercise program design for all types of individuals
5. Exercise leadership
6. Proper spotting and cueing techniques for upper and lower body, core and torso, and function and balance exercises
7. Goal setting and motivational techniques
8. Professional documents for further career exploration in exercise science

D. Course Learning Outcomes:

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

1. Integrate the safety standards, fundamentals, techniques, and strategies of strength training into a personal program for a client.
2. Apply fundamental knowledge of benefits, adaptations, and principles to designing resistance training programs for a client.
3. Identify appropriate muscles, movements, and joint actions executed through various exercises.

4. Explain how each individual fitness component plays an integral role in overall physical fitness.
5. Evaluate and select the training variables of a personal fitness program.
6. Explain how food choices affect overall health and wellness.
7. Examine the role fitness and wellness, specifically fitness, play in overall health and the implications on disease risk and prevention.
8. Interpret professional expectations of employment within the field of exercise science.
9. Create, administer and modify a personal training strength and cardiovascular program for a designated client.
10. Illustrate proper goal setting.
11. Apply Use effective instructional strategies that support the motivation of the client to follow the personal training program.

E. Methods for Assessing Student Learning:

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

1. Class attendance and participation
2. Practical case studies
3. Written and practical exams
4. Experiential activities
5. Client training portfolio (client in-take information, workout plans and fitness assessment summaries)
6. Student professional portfolio (resume, career exploration, informational interview summary).

F. Special Information:

None