

Common Course Outline for: *EXSC 2330 Applications of Personal Training*

A. Course Description

1. Number of credits: 2
2. Lecture hours per week: 2
3. Lab hours per week: *None*
4. Prerequisites: EXSC 2300, EXSC 2305 and EXSC 2310. Concurrent enrollment with EXSC 2310 also accepted. and recommended eligible for READ 1106 and ENGC 1101
5. Co-requisites None
6. MnTC Goals None

This course that will expose students to the practical application and responsibilities of personal training. Students will perform assessments on individuals for fitness programs, prepare and execute fitness programs, adapt and adjust fitness program specifics to meet the changing fitness and health needs of the client.

Date last revised: January 2019

B. 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 Interviews 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 functional and balance exercises.
7. Goal setting and motivational techniques.
8. Professional documents for further career exploration in the Exercise Science discipline.

C. Course Learning Outcomes

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

1. Demonstrate the safety standards, fundamentals, techniques and strategies of strength training, and integrate them into a personal program.
2. Apply fundamental knowledge of benefits, adaptations, and principles to resistance training programs.

3. Identify appropriate muscles, movements, and joint actions executed through various exercises.
4. Identify the fitness components and explain how each component plays an integral role in physical fitness.
5. Identify and apply the training variables to a personal fitness program.
6. Explain how food choices affect overall health and wellness.
7. Identify professional expectations of employment within the field of exercise science.
8. Design, administer and modify a personal training strength and cardiovascular program for a designated client.
9. Demonstrate proper goal setting
10. Demonstrate use of effective instructional, promotional and advocacy techniques and strategies

D. Methods for Assessing Student Learning

Students will be assessed on daily attendance and participation, case studies, written and practical exams, experiential activities, client training portfolio (client in-take information, workout plans and fitness assessment summaries and student professional portfolio (resume, LinkedIn profile, career exploration, informational interview summary).

Special Information None