



MASTER COURSE OUTLINE

A. PHED 2271 Essentials of Personal Training

B. COURSE DESCRIPTION:

This course will provide students with fundamental theoretical knowledge and practical training skills for those wishing to become a personal trainer. This course explores the foundations of exercise science and program design for safe and effective training and technique for client application. Course material will cover anatomical and physiological responses to different types of exercise and other training principles necessary for preparation of the personal trainer certification exam. This class will consist of lecture/discussion and instruction of practical skills.

(3 Cr – 2 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Introduction to personal training
- Principles of adherence and motivation
- Communication and teaching techniques
- Basic exercise science
- Functional assessments
 - posture
 - movement
 - core
 - balance
 - flexibility
- Physiological assessments
 - body composition
 - flexibility
 - muscular strength
 - muscular endurance
 - cardiovascular endurance

- Resistance training
- Cardiorespiratory training
- Functional programming & program design
- Common musculoskeletal injuries and implications

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>*Critical Thinking</u>	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. demonstrate ability to analyze and identify strength and conditioning needs and select aerobic and anaerobic exercises accordingly.
<u>CS</u>	understand motivation and adherence for change.	1. motivate individuals using different techniques based on personality and process of change.
<u>CS</u>	choose the appropriate assessment for functional fitness and components of fitness for identification of fitness level.	1. perform standard functional and physiological fitness tests and apply results to appropriate programming.
<u>CS</u>	understand how cardiorespiratory exercise affects the following systems; muscular, cardiovascular, and respiratory.	1. choose and implement appropriate cardiovascular exercises based on client's goal and fitness level.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 03/28/24

AASC Approval date: 02/16/16; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland