

North Hennepin Community College

PE 2102: Applications of Personal Training

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides students the hands on experience they need before entering the personal training field. Students will also have the opportunity to design, implement, and modify exercise programs for their own clients under direct supervision. Students will also demonstrate their knowledge of risk factor screening, fitness assessment, nutrition, exercise science, exercise programming and appropriate progressions, instructional and spotting techniques, and lifting modifications.
(1 hour lecture, 2 hours lab)

B. COURSE EFFECTIVE DATES: 05/30/2011 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Students will demonstrate their knowledge of exercise science, fitness assessment, exercise programming, implementation, and progressions, and lifting modifications by working with actual clients.

D. LEARNING OUTCOMES (General)

1. Apply the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility to actual clients (Program goals 1, 2a, 2b, 2c, 2d, 3b, 3d, 4b; NHCC ELOs 1, 2, 3, 4)
2. Apply the principles of exercise science, human anatomy, nutrition, and biomechanics to movement design and exercise instruction for individual client-based programming. (Program goals 1, 2a, 2b, 2c, 2d, 3b, 3d, 4b; NHCC ELOs 1, 2, 3, 4)
3. Demonstrate the ability to write and implement individualized exercise programs for clients using an exercise progression model. (Program goals 2e, 4a, 4b; NHCC ELOs 2, 4)
4. Demonstrate and teach the proper usage of various commercial fitness machines, free weights, and other fitness equipment utilizing appropriate exercise guidelines and spotting techniques with clients. (Program goals 1, 2a, 2b, 2c, 2d, 3b, 3d, 4b; NHCC ELOs 1, 2, 3, 4)
5. Apply principles of training safety, code of ethics, training policies and procedures, and principles of adherence. (Program goals 1, 2a, 2b, 2c, 2d, 3b, 3d; NHCC ELOs 1, 2, 3)
6. Add profile of experience to personal E-folio. (Program goals 4b)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.