



**COURSE OUTLINE : KIN 156**  
**D Credit – Degree Applicable**  
**COURSE ID 003018**  
**Cyclical Review: February 2020**

**COURSE DISCIPLINE :** KIN  
**COURSE NUMBER :** 156  
**COURSE TITLE (FULL) :** Foundations For Personal Fitness Training  
**COURSE TITLE (SHORT) :** Foundtns Personal Fitness Trng

### **CATALOG DESCRIPTION**

KIN 156 covers the theory and practice of individualized exercise prescription for personal training. The course covers critical competencies required for students interested in taking the certified personal trainer (CPT) exams offered by several national certification agencies. The foundations for personal training include: exercise science review, health risk stratification, fitness assessment, fitness program and session design, proper execution of exercises, cuing and error correction, lifestyle coaching skills and considerations for special populations. The lab provides students practical application of knowledge and skills in personal training.

### **CATALOG NOTES**

Note: This course is designed as a part of the Fitness Instructor Program curriculum. Students who successfully completed PE 119 prior to spring 2016 will receive a maximum of 1.0 unit of credit for completion of KIN 156.

Total Lecture Units: 3.00

Total Laboratory Units: 1.00

**Total Course Units: 4.00**

Total Lecture Hours: 54.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 108.00**

**Total Out-of-Class Hours: 108.00**

Recommended Preparation: BIOL 115 or equivalent, eligibility for ENGL 101 or equivalent, KIN 166, 167, or 168 or equivalent and KIN 151 or equivalent.



**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1	ENGL	120	Composition and Reading	compose thesis-based essays at a first-year college level;	No
2	ENGL	120	Composition and Reading	use detailed examples, facts, logical explanations, and other appropriate support for thesis statements;	No
3	ENGL	120	Composition and Reading	critically analyze selected prose works dealing with important contemporary issues;	No
4	ENGL	120	Composition and Reading	summarize, analyze, and synthesize information, express and apply standards for judgment, compare and contrast, and evaluate evidence in order to form and state reasoned opinions;	No
5	ENGL	120	Composition and Reading	gather and organize information through library research;	No
6	ENGL	120	Composition and Reading	demonstrate a command of grammar, diction, syntax, and mechanics sufficient for college level work: control of standard English at the sentence level, with few major errors in grammar and punctuation.	No

**EXIT STANDARDS**

- 1 demonstrate a basic understanding of scientific principles used for personal training;
- 2 design individualized fitness programs and routines applying principles of exercise;
- 3 instruct individual exercise sessions effectively, providing appropriate motivational and correctional feedback;
- 4 adapt exercise programs for special populations.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate understanding of scientific principles for fitness training;
- 2 demonstrate correct demonstration, instruction and cuing of exercises;
- 3 design, implement and evaluate individualized fitness programs for general and special populations;
- 4 administer and analyze health-risk and fitness assessments;
- 5 utilize universal risk management strategies



**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Introduction to Personal Training <ul style="list-style-type: none"> <li>• Certified personal trainers</li> <li>• Knowledge, skills and abilities</li> <li>• Scope of practice</li> <li>• Certification requirements</li> </ul> Specialized certifications Pre-screening and risk stratification Liability issues	4	0	4
2	Movement Science <ul style="list-style-type: none"> <li>• Musculoskeletal anatomy/kinesiology review</li> <li>• Exercise physiology review</li> <li>• Basic biomechanics review</li> <li>• Common postural distortions</li> <li>• Corrective exercise principles</li> <li>• Proper form and injury prevention</li> </ul>	10	0	10



3	<p>Personal Training</p> <ul style="list-style-type: none"> <li>• Initial client consultation</li> <li>• Fitness assessment</li> </ul> <p>Lifestyle coaching</p> <ul style="list-style-type: none"> <li>• Behavioral modification</li> <li>• Goal setting</li> <li>• Motivation</li> </ul> <p>Program design</p> <ul style="list-style-type: none"> <li>• Corrective exercise</li> <li>• Cardiorespiratory exercise</li> <li>• Musculoskeletal exercise</li> <li>• Flexibility exercise</li> <li>• Weight management principles</li> <li>• Periodization models</li> </ul> <p>Session design and delivery</p> <ul style="list-style-type: none"> <li>• Training implements</li> <li>• Exercise selection</li> <li>• Order of exercises</li> <li>• Demonstration and cuing</li> <li>• Feedback</li> </ul> <p>Technology for personal trainers</p>	26	0	26
4	<p>Special Populations</p> <ul style="list-style-type: none"> <li>• Musculoskeletal injury</li> <li>• Children and youth</li> <li>• Pregnancy</li> <li>• Older adults</li> <li>• Chronic disease</li> <li>• Obesity</li> <li>• Athletes</li> </ul>	10	0	10
5	<p>Business Practices for Personal Trainers</p> <ul style="list-style-type: none"> <li>• Code of conduct</li> <li>• Professional development</li> <li>• Marketing and networking strategies</li> </ul>	4	0	4



6	Personal Training Laboratory <ul style="list-style-type: none"> <li>• Initial client consultation</li> <li>• Risk stratification</li> <li>• Fitness assessment</li> <li>• Program design</li> <li>• Session design</li> <li>• Delivery, instruction and coaching</li> <li>• Progression, periodization</li> <li>• Re-evaluation</li> </ul>	54	0	54
				<b>108</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 interviews (e.g. a written summary of an interview with a personal trainer at a local gym);
- 2 case study analysis (e.g. a written analysis the appropriateness of a fitness protocol for exercise choice);
- 3 research papers (e.g. written review of research on the effectiveness of plyometrics for improving vertical jump height).

**METHODS OF EVALUATION**

- 1 performance evaluations (e.g. administration of a personal training session);
- 2 quizzes;
- 3 data analysis (e.g. analyze fitness test data gathered in lab);
- 4 project (e.g. develop an exercise program for a given individual);
- 5 written exams.

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)



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Guest Speakers

Presentations

**TEXTBOOKS**

<b>Title</b>	<b>Type</b>	<b>Publisher</b>	<b>Edition</b>	<b>Medium</b>	<b>Author</b>	<b>IBSN</b>	<b>Date</b>
NASM Essentials of Personal Fitness Training	Required	Wolters Kluwer/Lippencott, Williams & Wilkins	4	Print	Michael A. Clark	978-1608312818	2012