Glendale College

Course Outline of Record Report

Course ID 003018

Cyclical Review - September 2023

KIN156 : Foundations For Personal Fitness Training

General Information

Author:	• Erin Calderone
Attachments:	Advisory Committee Minutes 10_21_22.pdf
Course Code (CB01) :	KIN156
Course Title (CB02) :	Foundations For Personal Fitness Training
Department:	KIN
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.20) Fitness Trainer
CIP Code:	(31.0507) Physical Fitness Technician.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000564871
Curriculum Committee Approval Date:	09/27/2023
Board of Trustees Approval Date:	11/21/2023
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	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, technique 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.
Justification:	Mandatory Revision Updated catalog description (removed NASM). Updated textbook per advisory committee recommendations. Updated advisories and entry standards from SLOs from each recommended prep course. Updated course content.
Academic Career:	• Credit

Academic Senate Discipline

Primary Discipline:	• Kinesiology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

☐ Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07)	4
Maximum Credit Units (CB06)	4
Total Course In-Class (Contact) Hours	108
Total Course Out-of-Class Hours	108
Total Student Learning Hours	216

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

☐ Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

☐ Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	3	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	

Studio Hours	0	0	Lecture	54
			Laboratory	54
			Studio	0
			Total	108

Course Out-of-Class Hours	
Lecture	108
Laboratory	0
Studio	0
Total	108

Time Commitment Notes for Students

No value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

BIOL115 - Human Biology

Objectives

- Identify the body systems, their organs and functions.
- Explain the homeostatic mechanisms of human organ systems.
- Describe the cause and effect of selected major diseases and conditions of the human body.

AND

Advisory

KIN167 - Weight Training and Conditioning I

Objectives

- Evaluate current health-related fitness status and set appropriate goals for improving or maintaining fitness.
- Explain the significance of body awareness related to proper body mechanics.
- Explain how core strength, posture and proper form promote health and prevent injuries.
- Demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises.
- Identify appropriate resistance exercises to train major muscle groups.
- Identify errors of posture during activities of life and workplace body mechanics.
- Describe the principles of fitness.
- Design a personalized exercise program to achieve health-related fitness goals.
- Identify appropriate exercises for enhancement of core stability.

OR

Advisory

KIN168 - Weight Training and Conditioning II

Objectives

- Prescribe exercise based on principles of fitness.
- Evaluate fitness testing outcomes and set appropriate goals to achieve and/or maintain desired fitness levels.
- Identify appropriate exercises and styles of training relative to specific skill and sport-related fitness goals.
- Design and implement a resistance training and conditioning program to achieve skill-related fitness goals.
- Demonstrate proper technique with intermediate conditioning exercises.
- Discuss periodization of a training program relative to long-term, mid-term and short-term goal setting.

- Discuss nutritional considerations for resistance training, conditioning and sport-specific training.

OR

Advisory

KIN151 - Applied Exercise Science (in-development)

Objectives

- Describe the functional anatomy of the human body.
- Explain the principles of basic biomechanics pertaining to exercise.
- Describe the basic concepts of kinesiology pertaining to exercise.
- Explain the fundamental concepts of exercise physiology.
- Analyze the acute and chronic effects of Different exercise stimuli on the physiological response of the human body.
- Apply scientific principles to exercise and fitness protocols.

AND

Advisory

ABSE186 - Essentials in Reading and Writing 1

Outcomes

- Use reading comprehension strategies in order to respond with critical analysis.
- Analyze and use evidence from given texts to support claims.

OR

Advisory

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings.
- Employ basic library research techniques.

OR

Advisory

ABSE187 - Essential Reading and Writing 2

Outcomes

- Read, analyze, and evaluate concepts within literary and nonfiction texts.

Entry Standards

Entry Standards

No value

Specifications

Methods of Instruction

Methods of Instruction	Lecture

Methods of Instruction	Laboratory
Methods of Instruction	Multimedia
Methods of Instruction	Demonstrations
Methods of Instruction	Field Activites (Trips)
Methods of Instruction	Discussion
Methods of Instruction	Guest Speakers
Methods of Instruction	Presentations

Out of Class Assignments

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

Methods of Evaluation	Rationale
Presentation (group or individual)	Performance evaluations (e.g. administration of a personal training session)
Exam/Quiz/Test	Quizzes
Activity (answering journal prompt, group activity)	Data analysis (e.g. analyze fitness test data gathered in lab)
Project/Portfolio	Project (e.g. develop an exercise program for a given individual)
Exam/Quiz/Test	Written exams

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Cedric X. Bryant	The exercise professional's guide to personal training : a client-centered approach to inspire active lifestyles	American Council on Exercise, San Diego, California	2020	9781890720766

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Apply scientific principles of exercise training to assessment and design of fitness programs.

Assess clients using appropriate subjective and objective assessments.

Instruct individual exercise sessions effectively, providing appropriate motivational and correctional feedback.

Adapt exercise programs for special populations within scope of practice for personal trainers.

Demonstrate and cue a variety of exercises with proper technique.

Design individualized fitness programs and routines based on fitness assessment and client goals.

SLOs

Describe scientific principles for fitness training. Expected Outcome Performance: 70.0

ILOs	
Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

KIN Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams
KIN Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

Show correct form and instructional cues when demonstrating exercises. Expected Outcome Performance: 70.0

ILOs Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
KIN Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams
KIN Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

Apply individualized health risk and fitness assessments to design and implement fitness programs for general and special populations. Expected Outcome Performance: 70.0

ILOs Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
KIN Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams
KIN Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

Utilize universal risk management strategies. Expected Outcome Performance: 70.0

ILOs Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
KIN Fitness Specialist - A.S. Degree Major	utilize universal risk management strategies
KIN Fitness Specialist - Certificate	utilize universal risk management strategies

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Personal Training (4 hours)

- Certified personal trainers
- Knowledge, skills and abilities
- Scope of practice
- Certification requirements
- Specialized certifications
- Pre-screening and risk stratification
- Liability issues

Movement Science (10 hours)

- Musculoskeletal anatomy/kinesiology review
- Exercise physiology review
- Basic biomechanics review
- Common postural distortions
- Corrective exercise principles
- Proper form and injury prevention

Personal Training (26 hours)

- Initial client consultation
- Fitness assessment
- Lifestyle coaching
    - Behavioral modification
    - Goal setting
    - Motivation
    - Cultural competence and inclusive coaching practices
- Program design
    - Corrective exercise
    - Cardiorespiratory exercise
    - Musculoskeletal exercise
    - Flexibility exercise
    - Weight management principles
    - Periodization models
- Session design and delivery
    - Training implements
    - Exercise selection
    - Order of exercises
    - Demonstration and cuing
    - Feedback

- Technology for personal trainers
    - Activity Trackers
    - Tools for Program Design
    - Online Personal Training

Special Populations (10 hours)

- Musculoskeletal injury
- Children and youth
- Pregnancy
- Older adults
- Chronic disease
- Obesity
- Athletes

Business Practices for Personal Trainers (4 hours)

- Code of conduct and ethics
- Professional development
- Marketing and sales
- Networking strategies
- Career options: employment types, entrepreneurship, online training, areas of industry growth

Total hours: 54

Laboratory/Studio Content

Personal Training Laboratory (54 hours)

- Initial client consultation
- Risk stratification
- Fitness assessment
- Program design
- Session design
- Delivery, instruction and coaching
- Progression, periodization
- Re-evaluation

Total hours: 54