

## **SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS**

### **I. TITLE OF COURSE:** PE1113- Personal Fitness Trainer I

### **II. COURSE DESCRIPTION: 3 credit hours 3 credit hours of lecture and 0 credit hours of lab per week.**

This is a three hour theory course presented in the classroom and online. The online portion of the course requires the student to have the following software on their personal computers or access to: Microsoft Word; Microsoft Excel; and Microsoft Powerpoint. Each student will need access to the Internet. The course is designed to acquaint the student with the fundamentals of human movement science, integrated program design, optimum performance training, nutrition and supplementation, and client interaction and professional development. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: Reading Skills

### **III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:**

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

### **IV. TEXTBOOK AND MATERIALS:**

1. Clark, Mike, McGill, Erin and Montel, Ian, (2017). NASM Essentials of Personal Fitness Training. (5th ed). Jones and Bartlett Learning
2. NASM Academic Resource Center ([www.nasm.org/arc](http://www.nasm.org/arc))

### **V. SCCC OUTCOMES**

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life

3: Communicate their ideas clearly and proficiently in speaking, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.

5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

### **VI. COURSE OUTCOMES:**

1. Must have a proper understanding of how the human body functions.
2. Must have a proper understanding of how exercise and diet affect the human body.
3. Must have a proper understanding of social interactions and professional development.
4. Must have a proper understanding of professionalism, confidentiality, and legal and ethical issues in the personal training field.

## **VII. COURSE OUTLINE:**

1. Introduction to the Fitness Profession
2. Career Directions in Sport, Health, and Fitness
3. Disciplines of Functional Biomechanics
4. The Human Movement System in Fitness
5. Client-Based Nutrition Science
6. Concepts of Integrated Training
7. Navigating the Professional Fitness Environment
8. Client Acquisition and Consultations
9. Executing Formal Fitness Assessments
10. Initializing Program Design
11. The Optimum Performance Training Model: Applying Stabilization, Applying Strength, Applying Power, OPT Every Day
12. Exercise Technique
13. Behavior Change Strategies for Client Results

## **VIII. INSTRUCTIONAL METHODS:**

1. Lecture based delivery, with limited time for practical application.
2. Group discussion
3. Case problems

## **IX. INSTRUCTIONAL AND RESOURCE MATERIALS:**

1. Teacher and publisher prepared handouts
2. Book
3. Internet

## **X. METHODS OF ASSESSMENT:**

SCCC Outcome #1 will be assessed and measured by class participation and successful completion of unit exams indicating comprehension of material read.

SCCC Outcome #3 will be assessed and measured through speaking and written assignments. SCCC Outcome #5 will be assessed and measured by mock scenarios, lab investigation assignments.

SCCC Outcome #9 will be assessed and measured by class participation and attendance.

## **XI. ADA STATEMENT:**

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 12/10/2018 14:32:14