

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

### **I. TITLE OF COURSE:** PE1123- Personal Fitness Trainer II

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

This course is a continuation of the Personal Fitness Trainer I course and is presented in a hybrid format allowing for classroom, online, and practical applications. 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, assessments, training concepts, and program design. Students will meet in the classroom and online for lecture, notes, and quizzes and will meet in the wellness center for the practical application of the course. The practical application of the course will require students to work with their instructor and with their client and apply the personal training concepts that they have learned in class. The student must demonstrate the ability to apply the personal training concepts before they can pass the course. 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: Personal Fitness Trainer I

### **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, M., Lucett, S., Sutton, B., (2012). NASM Essentials of Personal Fitness Training. (4th ed.). Lippincott Williams & Wilkins, a Wolters Kluwer business
2. NASM Academic Resource Center ([www.nasm.org/arc](http://www.nasm.org/arc))
3. Health & Fitness Network Program ([www.hfpn.com](http://www.hfpn.com))

### **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 program design and training.
4. Must have a proper understanding of social interactions and professional development.
5. Must have a proper understanding of professionalism, confidentiality, and legal and ethical issues in the personal training field.
6. Demonstrate an understanding of the principles of integrated exercise program design.
7. Demonstrate how to perform a comprehensive health-related fitness assessment, obtain subjective and objective information about clients, and how to use the information collected to help design and exercise program.
8. Explain the effects of muscle imbalances on the human movement system (kinetic chain).
9. Perform and instruct appropriate flexibility techniques for given situations.
10. Explain the current guidelines and recommendations for prescribing safe and effective cardiorespiratory exercise to apparently healthy individuals.
11. Design and implement cardiorespiratory training programs to a variety of clients using an individualized approach.
12. Design and instruct a core training program for clients at any level of training.
13. Design and instruct a balance training program for clients at any level of training.
14. Design and instruct various plyometric training exercises.
15. Design and instruct various speed, agility, and quickness training exercises.
16. Define the various stages of strength and training systems.
17. Design safe and effective exercise training methods, including various forms of resistance and proprioceptive modalities.

## **VII. COURSE OUTLINE:**

1. Review of human movement science
2. Review assessments, training concepts, and program design using the NASM OPT model.
3. Review of nutrition and supplement concepts.
4. Client interaction and professional development.

## **VIII. INSTRUCTIONAL METHODS:**

1. Lecture and video discussion.
2. Practical application with a client.
3. Group discussion.
4. 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 14:37:45