

PERSONAL TRAINER EXAMINATION PREPARATION LETTER OF RECOGNITION: 821

Total Credits: 9

Catalog Edition: 2020-2021

Program Description

(R): 821

This letter of recognition is designed to prepare individuals interested in working in the fitness industry to successfully pass national personal training certifications such as ACE's Personal Trainer certification. Students will acquire the basic knowledge and skills to apply theoretical fitness information in practical real-life situations. Emphasis is on an understanding of the human body, lifetime fitness principles and training techniques, nutrition, weight control, and other related healthy lifestyle topics. Students will learn to assess the different components of health and fitness, and they will acquire skills in the design, implementation, and supervision of healthier lifestyle programs for healthy individuals. A grade of "C" or better is required in each course. This certification is designed so that individuals can complete this certification in one semester.

- Demonstrate knowledge of safety plans, emergency procedures, and first aid techniques needed during fitness evaluations, and exercise training.
- Demonstrate basic understanding of the health/fitness instructor's responsibilities, limitations, and the legal implications of carrying out emergency procedures.
- Identify and demonstrate proper procedures and skills for fitness assessments and program design including proper technique for cardiovascular and strength machines.

Program Outcomes

Upon completion of this program a student will be able to:

- Define health and describe the dimensions of wellness and healthier lifestyles.
- Demonstrate basic knowledge of anatomy, physiology, and biomechanics as it relates to health and exercise programming.
- Demonstrate understanding of the impact of individual health related behaviors on individual's health status.
- Demonstrate ability to describe the concept of risk and risk factors as related to development of acute and chronic illness and ability to recognize risk factors that may require further evaluation before participation in physical activity.
- Demonstrate understanding of the principles of a healthy lifestyle including physical fitness, nutrition, and weight management.

2020-2021

Program Advising Guide

An Academic Reference Tool for Students

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Program Requirements

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HLTH 113 - First Aid and CPR *2 semester hours*

HLTH 121 - Nutrition for Fitness and Wellness *3 semester hours*

PHED 166 - Personal Fitness I *1 semester hour*

PHED 206 - Principles and Practices of Health-Related
Fitness *3 semester hours*

Total Credit Hours: 9