

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 10 - Personal Fitness Training Practicum

1 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU

51 hours Lab

This course is a personal fitness training practicum, including anatomy and physiology, fitness evaluations, weight room and program design, and nutrition. Students will be assigned to shadow professional fitness trainers and strength coaches assisting in daily training regimens.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. discuss fitness program design, motivational strategies, and client retention.
- B. identify current trends and terminology in the fitness industry.
- C. evaluate posture, range of movement and muscle strength.
- D. maintain and demonstrate proper use of a broad range of fitness equipment.
- E. explain healthy eating habits and design an exercise plan to reduce the level of body fat.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lab
<u>Topics</u>		<u>Hours</u>
1. Orientation		1.00
2. Fitness administration		3.00
3. Client consultation and fitness assessment		4.00
4. Individual training		4.00
5. Group/ Team Training		4.00
6. Resistance training protocols		7.00
7. Aerobic training protocols		7.00
8. Body weight exercise technique		6.00
9. Resistance exercise technique		6.00
10. Cardiovascular exercise technique		6.00
11. Training special populations		3.00
Total Hours		51.00

IV. METHODS OF INSTRUCTION

- A. Field Experience/Internship
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations

F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Projects
- B. Demonstration
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations
- G. Essays and research papers

VI. EXAMPLES OF ASSIGNMENTS

A. Reading Assignments

1. Please read the NSCA requirements to become a Certified Personal Trainer (C-PT) and be prepared to discuss the differences of other organization certifications.
2. Review a professional journal article that discusses the nutritional needs of general clients and athletic clients.

B. Writing Assignments

1. Write a three week nutritional plan for a moderately fit client that has goals of running in a half marathon. Be sure to take into account nutritional balance and workout requirements.
2. Write a one-page essay comparing the differences between "traditional" training and "cross fit" training.

C. Out-of-Class Assignments

1. Interview two personal fitness trainers currently active in the profession. Gather information specific to experience, education, changes within the profession, and lifestyle.
2. Visit three local fitness facilities to examine the layout of exercise areas and equipment. Based on your observation, design a facility that would be an ideal working environment for you as a professional.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Coburn, J.W. & Malek, M.H.. NSCA's Essentials of Personal Training. Human Kinetics, 2011.

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Date: 10/29/2012