PERSONAL TRAINING AND EXERCISE LEADERSHIP I — EXER 2020

A. Course Description

- **Credits:** 2.00
- **Lecture Hours/Week:** 1.00
- **Lab Hours/Week:** 1.00
- **OJT Hours/Week:** 0
- **Prerequisites:** None
- **Corequisites:** None
- **MnTC Goals:** None

An introductory course to the business of personal training. This course will focus on the fundamental concepts in personal training for healthy, general populations. Topics include: program design, nutrition, health and fitness assessments, and legal and ethical issues.

B. Course Effective Dates: 1/17/02 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

1. Apply resistance training program design principles
2. Communicate effectively with clients
3. Demonstrate proper exercise technique
4. Demonstrate safe and effective exercise techniques to prevent injury
5. Design safe and effective exercise programs
6. Develop strategies to motivate individuals to improve exercise program adherence
7. Discuss and demonstrate knowledge of general anatomy of bones, joints, and muscles
8. Explain nutritional issues related to resistance training
9. Explain why and how the body responds to stresses placed on it through exercise
10. Observe and analyze exercise performance for correct technique
11. Recognize legal issues regarding fitness leadership
12. Recognize misleading and incorrect information concerning exercise principles and methodology
13. Respond to the typical questions that arise in a one-on-one setting
14. Screen and evaluate prospective clients
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment

    As noted on course syllabus

G. Special Information

    None noted