

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 168 - BASIC PERSONAL TRAINER PREPARATION (3 CR.)

Course Description

Introduces the skills and knowledge required to become a personal trainer. Includes the principles of individual weight management, personal wellness, and the skills necessary for the creation of personalized fitness programs for potential clients. Lecture 2 hours. Laboratory 2 hours. Total 4 hours per week.

General Course Purpose

This course provides students with an opportunity to acquire fundamental knowledge of the primary theories and principles of Exercise Science. Major focus will be placed on developing the student's understanding of the practical skills required in the field of Personal Training. The course is designed to prepare students to sit for a Nationally Accredited Personal Trainer Certification exam upon course completion.

Course Prerequisites/Corequisites

Prerequisites: HLT 105 or Current CPR Certification, PED 111, BIO 141 or equivalent, or Permission of Instructor.

Course Objectives

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

- A. Analyze client health history, lifestyle information, and exercise history in order to determine risk stratification, identify the potential need for medical clearance or referral, and create an appropriate fitness program
- B. Assess client's current attitudes, preferences, goals, and readiness for behavior change in order to identify potential barriers, motivators, and expectations
- C. Conduct and interpret standardized fitness assessments for cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition
- D. Evaluate quality of movement: balance, stability, and mobility
- E. Design appropriate fitness programs for general populations (those without health risk or injury) based on recognized scientific standards and protocols
- F. Demonstrate and instruct exercises in a safe and appropriate manner
- G. Explain professional and legal responsibilities, scope of practice, emergency procedures, and business strategies for personal trainers

Major Topics to be Included

- A. Kinesiology, including: basic Human Anatomy, Exercise Physiology, Exercise Science, basic Biomechanics, and Nutrition related to Personal Training
- B. Principles of Psychology related to fitness, including: Motivation, Body Image, and Behavior Change

- C. Building client rapport
- D. Communication, behavior modification, and teaching techniques utilized in fitness training.
- E. Health and exercise history information assessment
- F. Fitness assessments used in Personal Training
- G. Functional Training: assessments, programming, and progressions for posture, movement, core, balance, and flexibility
- H. Resistance Training: programming and progressions
- I. Cardiorespiratory Training: programming and progressions
- J. Professional, ethical, and legal responsibilities
- K. Emergency Procedures: responsibilities, limitations, and legal implications
- L. Scope of practice
- M. Business strategies for Personal Trainers
- N. Nationally accredited and recognized Fitness/Personal Training certifications

Optional Topics

- A. Special Populations (pregnancy, arthritis, hypertension, etc.)
- B. Exercise and musculoskeletal injuries
- C. Mind-Body Exercise (Yoga, Pilates)
- D. Alternative exercise methods (Parkour, Cross-Fit)
- E. Integrated Fitness Training Model