

Course Outline

COURSE: KIN 90 **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2016 **CURRICULUM APPROVAL DATE:** 10/12/2015

SHORT TITLE: PERSONAL TRAINER INTERNSHIP

LONG TITLE: Personal Trainer Internship

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
1	18	Lecture:	0	0
		Lab:	3	54
		Other:	0	0
		Total:	3	54

COURSE DESCRIPTION:

This course is designed to provide the student with a supervised unpaid internship at an approved fitness or health related facility where they will apply the knowledge learned in the classroom courses taken for the Personal Training Certificate. A minimum of fifty four (54) hours is required for this one (1) unit course. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Evaluate conducted consultations for clients that includes health history, fitness assessment, and recommended exercise program design.

Measure: written report/program, discussion

PLO: 6,7

ILO: 7,2,1

GE-LO:

Anticipated Year of Assessment: SS 2016

2. Apply knowledge of exercise physiology, kinesiology, and biomechanics in the development and implementation of exercise programs.

Measure: written report/program, demonstration

PLO: 5,7

ILO: 7,2,1,4

GE-LO:

Anticipated Year of Assessment: SS 2016

3. Analyze communications between personal trainers and their clients/members and identify various types of techniques employed.

Measure: discussion

PLO: 7

ILO: 2,1,7,4

GE-LO:

Anticipated Year of Assessment: SS 2016

4. Demonstrate sensitivity to the organizational culture of the health facility and progress through the levels of involvement.

Measure: performance

PLO: 7

ILO: 7,6,2

GE-LO:

Anticipated Year of Assessment: SS 2016

5. Examine teaching principles and strategies in order to discuss effective teaching techniques for personal training, small group training, and group exercise (if applicable).

Measure: discussion, performance

PLO: 7,6

ILO: 2,7,1,4

GE-LO:

Anticipated Year of Assessment: SS 2016

PROGRAM LEARNING OUTCOMES:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/12/2015

6 Hours

Content: Field experience: information gathering, fitness assessment, client rapport, program design. Supervised work in a fitness facility.

Student Performance Objectives (SPO): Review the techniques used to assess a clients fitness level. Explain the factors to consider when designing an exercise program for a client. Observe and describe an experienced trainers methods of fitness assessment and the types of fitness programs designed for their clients.

Out-of-Class Assignments:

6 Hours

Content: Interpersonal communication: teamwork building, clear definition of goals for intern and supervisor, organizational structure of facility work place, supervisor's style of intern in delegation, direction, and use of intern. Supervised work in a fitness facility.

Student Performance Objectives (SPO): Discuss the goals for the internship program. Describe the organizational structure of the fitness facility where you are serving your internship. Observe and report the daily workings of a fitness facility.

Out-of-Class Assignments:

6 Hours

Content: Positive work attitudes and practices: constructive solutions, initiate and implement activities, time management issues, stress management. Supervised work in a fitness facility.

Student Performance Objectives (SPO): Discuss the benefits of a positive work environment. Identify specific time management issues. Recognize the need for stress management and name several techniques that you could/would employ. Observe and explain an experienced fitness trainers interaction with employees and clients in their work environment.

Out-of-Class Assignments:

12 Hours

Content: Teaching principles and strategies: interview clients and establish S.M.A.R.T. goals, training sessions specific to an identified client, shadowing experienced trainers, develop educational and/or motivational handout, bridging the gap from student to professional. Under supervision, work with clients to develop a fitness program specific to their needs.

Student Performance Objectives (SPO): Describe the components of S.M.A.R.T. Develop an educational and/or motivational handout for clients. Design and implement training sessions for a particular client's needs. Appraise an experienced trainers teaching style.

Out-of-Class Assignments:

3 Hours

Content: Professional ethics: confidentiality, scope of practice - knowing when to refer clients out, client's concerns. Continue supervised work in a fitness facility.

Student Performance Objectives (SPO): Evaluate ethical and medical concerns and determine recommendations for action. Review and revise, if needed, the training programs designed for your clients.

Out-of-Class Assignments:

3 Hours

Content: Facility operations and procedures: fit starts, file organization, dress code, equipment usage, club ready log in, key fob usage. Continue supervised work in a fitness facility.

Student Performance Objectives (SPO): Assess fitness facility operations and procedures. Develop additional workout methods for your clientel.

Out-of-Class Assignments:

9 Hours

Content: Ongoing supervised work with clients in a fitness facility.

Student Performance Objectives (SPO): Evaluate your fitness clients needs and design new programs as needed.

Out-of-Class Assignments:

6 Hours

Content: Professional development: training seminars, employment interviews, continuing education courses, community volunteer work. Continue supervised work in a fitness facility.

Student Performance Objectives (SPO): Identify opportunities for professional development for personal trainers. Complete fitness programs with their clientel, including all required record keeping.

METHODS OF INSTRUCTION:

discussion, guided practice

METHODS OF EVALUATION:

Category 1 - The types of writing assignments required:

Percent range of total grade: 0 % to %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason

Course primarily involves skill demonstration or problem solving

Category 2 - The problem-solving assignments required:

Percent range of total grade: 40 % to 60 %

Field Work

Category 3 - The types of skill demonstrations required:

Percent range of total grade: 40 % to 60 %

Field Work

REPRESENTATIVE TEXTBOOKS:

Recommended:

National Academy of Sports Medicine; Editors: Clark, Michael A. and Sutton, Brian G. and Lucett, Scott C., NASM Essentials of Personal Fitness Training: Fourth Edition, Burlington, MA, Jones & Bartlett Learning, 2013. Or other appropriate college level text.

Reading level of text, Grade: 13th Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201630

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 90

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: 1

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 083520