

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2021                      **CURRICULUM APPROVAL DATE:** 3/08/2022

**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

04A - Laboratory - LEH 0.65

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Evaluate conducted consultations for clients that includes health history and fitness assessment and create a safe and effective exercise program design that applies knowledge of exercise physiology, kinesiology and biomechanics.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Perform health history, fitness assessments and evaluations.
2. Develop training sessions and keep detailed progress reports on clients.
3. Demonstrate proper training techniques and instruction.
4. Coach and motivate clients to make appropriate changes to ensure consistent progress.
5. Examine teaching principles and strategies.
6. Improve essential communication skills.

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

Curriculum Approval Date: 12/8/2020

Interns will put in the minimum amount of 54 lab hours at the campus fitness center or an outside health facility to be approved by the instructor.

6 Hours

Content: Field experience: information gathering, fitness assessment, client rapport, program design. Reviewing the techniques used to assess a client's fitness level. Factors to consider when designing an exercise program for a client. Supervised work in a fitness facility.

6 Hours

Content: Interpersonal communication: teamwork building, clear definition of goals for intern and supervisor, organizational structure of facility work place, daily workings of a fitness facility, supervisor's style of intern in delegation, direction, and use of intern. Analyzing communications between personal trainers and their clients/members and identifying various types of techniques employed. Supervised work in a fitness facility.

6 Hours

Content: Positive work attitudes and practices: constructive solutions, initiate and implement activities, time management issues, stress management and techniques that you could/would be employed. Sensitivity to the organizational culture of the health facility. Supervised work in a fitness facility, including observing and explaining an experienced fitness trainer's interaction with employees and clients in their work environment.

12 Hours

Content: Effective teaching techniques for personal training, small group training, and group exercise (if applicable). Appraising an experienced trainer's teaching style. Teaching principles and strategies: interviewing clients and establishing S.M.A.R.T. goals, training sessions specific to an identified client, shadowing experienced trainers, developing educational and/or motivational handouts, bridging the gap from student to professional. Under supervision, they work with clients to develop a fitness program specific to their needs.

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, including reviewing and revising, if needed, the training programs designed for your clients.

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, including developing additional workout methods for your clientele.

9 Hours

Content: Ongoing supervised work with clients in a fitness facility, including evaluating your clients' needs and designing new programs as needed.

7 Hours

Content: Professional development: training seminars, employment interviews, continuing education courses, community volunteer work. Continue supervised work in a fitness facility, including clientele fitness programs and required record keeping.

2 Hours

Final Exam

**METHODS OF INSTRUCTION:**

discussion, guided practice

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Percent 10

Evaluation Description

Percent range of total grade: 10% to 20% Written Health History Evaluation, Fitness Assessment, Prescribed Program, Client Progress Reports; If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason --Course primarily involves skill demonstration or problem solving.

Problem-solving assignments

Evaluation Percent 50

Evaluation Description

Percent range of total grade: 40% to 60% Field Work

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 30% to 60% Field Work

**REPRESENTATIVE TEXTBOOKS:**

NASM Essentials of Personal Fitness Training: Seventh Edition or other appropriate college level text., National Academy of Sports Medicine; Editors: Clark, Michael A. and Sutton, Brian G. and Lucett, Scott C., Jones & Bartlett Learning, 2022.

ISBN: 9781284200881

13th Grade 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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: D

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000598022

Sports/Physical Education Course: Y

Taxonomy of Program: 083520