

Department:

Physical Education

Course Description:

This introductory course provides practical experience for students pursuing a personal trainer degree. The course will focus on exercises associated with personal fitness training, setting up and explaining proper form for using fitness machines, and interacting with fitness trainees. The course will also provide preparation for the National Council of Strength and Fitness personal trainer exam.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Explain and demonstrate the proper use of fitness machines.
2. Describe and demonstrate various fitness exercises.
3. Set up fitness machines for trainees with a wide diversity of physical abilities and characteristics.
4. Interact with trainees in a confident, professional manner.
5. Make career decisions relevant to the personal training field.

Course Content:

- A. Instruction from professional trainers
- B. Observation of professional trainers working with trainees
- C. Supervised work with trainees

Learning Assessments:

Course competencies will be assessed by class attendance and participation, completing a daily log or notebook, and a final paper.

Instructional Materials:

Notebook
Exercise equipment and machines

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.