

Department:

Physical Education

Course Description:

This course provides more advanced practical experience for students pursuing a personal trainer degree. The course will consist of designing a fitness training program for a selected individual for the duration of the course, instructing the trainee in specific exercises and use of fitness machines, and documenting the trainee's progress through the program. The course will continue to emphasize effective interaction with the fitness trainee. 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. Write exercise prescription using frequency, intensity, type, and time (FITT) to meet fitness goals of trainees.
2. Document progress and improvement through the fitness program.
3. Determine and initiate ways to increase progress and fitness development for the trainee during the program.
4. Interact with trainees in a confident, professional manner.
5. Make career decisions relevant to the personal training field.

Course Content:

- A. Selection of fitness trainee
- B. Designing a personal fitness program
- C. Providing instruction and enhancing progress
- D. Documenting performance in the program

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.