

KIN 119: PERSONAL TRAINING

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Prerequisite:	KIN 100 or KIN 170 or KIN 171 or KIN 171H or KIN 172 or KIN 173.
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter

Catalog Course Description

This course covers theoretical concepts, guidelines, and relevant information necessary to become a certified personal trainer and pass the NCSF-CPT (National Council On Strength and Fitness- Certified Personal Trainer) Exam. The course seeks to educate potential registrants for the NCSF-CPT exam on topics ranging from anatomy and biomechanics through nutrition, exercise prescription, and training. Instruction for a variety of able-bodied populations in order to enter the fitness industry as a competent and qualified personal trainer. Required printed materials for the course are the same as those required to register for the certification exam offered by the National Council on Strength and Fitness. Exam fees and materials may be purchased directly from NCSF.org. 54 lecture hours.

Course Objectives

- Apply sound understanding of how the human body adapts to stress (e.g. exercise) in order to stimulate the desired training affects.
- Create a training plan using a variety of tools for able-bodied persons with general health complaints.
- Complete and pass NCSF-CPT Exam.

Major Course Content

1. Functional Anatomy
2. Biomechanics
3. Muscle Physiology
4. Endocrine System
5. Bioenergetics
6. Cardiovascular Physiology
7. Energy Yielding Nutrients
8. Non-Energy Yielding Nutrients
9. Nutritional Supplementation
10. Body Composition
11. Weight Management
12. Physical Fitness & Health

13. Pre-Exercise Screening & Test Considerations
14. Assessment of Physical Fitness
15. Exercise Programming Components
16. Flexibility Assessment & Programming
17. Programming for Cardiovascular Fitness
18. Anaerobic Training
19. Resistance Training Technique
20. Functional Training Concepts
21. Creating an Exercise Program
22. Working with Special Populations
23. Ethics and Professional Behavior

Suggested Reading Other Than Required Textbook

Instructor developed handouts

Examples of Required Writing Assignments

Compare and contrast the differences between western and eastern health philosophies and how they impact the expectations a client may have when they hire you to help them create new lifestyle behaviors.

Examples of Outside Assignments

Using a case study provided by the Instructor, students must create a sample training program for an able-bodied exerciser who is new to strength training.

Instruction Type(s)

Lecture, Online Education Lecture