



Course Syllabus

Course Title: Personal Trainer Certification

Course Description:

This certification course prepares students to practice as a professional Personal Fitness Trainer. The course includes 16 hours of classroom learning, 16 hours of practical training, 4 hours of testing and a 30-hour internship taught over 9 weeks for greater retention. Topics include anatomy, biomechanics, exercise physiology, fitness testing and health assessment, nutrition, exercise prescription, equipment usage, special populations, legal and safety issues.

Course Prerequisite(s): High school diploma or GED.

Course Objectives:

To provide students with the most current, foundational knowledge, training and competency testing to certify them to practice as professional certified fitness trainers.

After successfully completing this course, students will be able to:

- Understand and describe basic anatomy, kinesiology and exercise physiology.
- Assess an individual's level of fitness using ACSM guidelines.
- Design and customize exercise programs.
- Demonstrate proper execution of resistance, cardio and flexibility exercises.
- Demonstrate at least one strength exercise for every major muscle group.
- Explain ACSM and AHA recommendations for cardiovascular exercise.

Textbook(s): Howley, E.T. and Franks, R.D. (2007.) *Fitness Professional's Handbook*. 5th Ed. Human Kinetics. Champaign, IL

Lesson Plan – by week or session

Classroom Lecture

- Session 1: Physical activity, health and health appraisals
- Session 2: Exercise physiology
- Session 3: Functional anatomy and biomechanics
- Session 4: Fitness evaluation, assessment and nutrition
- Session 5: Exercise prescription: Cardiovascular, resistance and flexibility
- Session 6: Special populations: Youth, children, older adults and women
- Session 7: Exercise leadership and behavior modification
- Session 8: Injury prevention and treatment and program administration
- Session 9: Written Exam

Practical

- Session 1: Medical history and screening lesson and presentation
- Session 2: Interview techniques and goal setting lesson and presentation
- Session 3: Fitness testing protocols: lesson and presentation
- Session 4: Fitness testing protocols: practice and role playing
- Session 5: Exercise prescription, equipment use: lesson and presentation
- Session 6: Exercise prescription and equipment use: practice and role playing
- Session 7: Resistance training techniques, program design: lesson and presentation
- Session 8: Resistance training techniques, program design: practice and role playing
- Session 9: Practical Exam