

# KINS 53: CURRENT TOPICS IN PERSONAL TRAINING

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	2 lecture per week (24 total per quarter)
<b>Advisory:</b>	KINS 8A and 9.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- A successful student will be able to identify and explain current issues (liability, best practices, and national certifications) in the fitness industry

## Description

Discussion of current issues in the fitness field, insurance, liability, standard business practices and national certifications. Emphasis is placed on client assessment, program design, teaching strategies and professional responsibility. Students apply knowledge of basic anatomy, exercise physiology, kinesiology, personal information gathering and exercise testing.

## Course Objectives

The student will be able to:

- Evaluate a client's history, fitness levels and contra-indicators for exercise programs.
- Apply basic exercise physiology, kinesiology and anatomy in an exercise program.
- Discuss effective teaching techniques.
- Recognize insurance, legal terminology, liability and standard business practices.
- Demonstrate skills and knowledge necessary for employment.
- Identify and comprehend national certification programs for personal trainers.
- Examine order, combinations and sequences of various types of group exercise.
- Design choreography and movement to the design of a safe and beneficial exercise program.

## Course Content

- Design client's exercise programs
  - Client's history
  - Applying testing results
  - Contra-indicators
- Review anatomy, kinesiology and physiology
- Teaching techniques
  - Communication
  - Teaching strategies
  - Characteristics of a successful teacher

- Adherence and motivation
- Legal issues and responsibility
  - Contracts
  - Informed consent
  - Torts
  - Negligence and malpractice
  - Liability insurance
  - Standard of care
  - Risk management
- Employment
- National certifications
- Group exercise training

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

Lecture classroom with internet and PowerPoint capabilities.

## Method(s) of Evaluation

- Written examinations, including final
- Writing assignments
- Written and oral critique

## Method(s) of Instruction

- Lecture
- Discussion

## Representative Text(s) and Other Materials

Pesatello, Linda S. (Ed.). *ACSM Resource Manual for the Guidelines for Exercise Testing and Prescription*. 9th ed. 2014.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Weekly reading assignments from text and other sources ranging from 10-40 pages per week.
- Review of current periodicals with a 1-2 page paper discussing the important information in the periodical.
- Guest speakers: Industry and faculty speakers covering selected topics.

## Discipline(s)

Physical Education