

# KINS 53: CURRENT TOPICS IN PERSONAL TRAINING

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	2
Hours:	2 lecture per week (24 total per quarter)
Advisory:	KINS 8A and 9.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Demonstrate the skills and knowledge necessary for employment
- Identify and comprehend national certification programs for personal trainers

## 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:

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

## Course Content

1. Design client's exercise programs
  - a. Client's history
  - b. Applying testing results
  - c. Contra-indicators

2. Review anatomy, kinesiology, and physiology
3. Teaching techniques
  - a. Communication
  - b. Teaching strategies
  - c. Characteristics of a successful teacher
  - d. Adherence and motivation
4. Legal issues and responsibility
  - a. Contracts
  - b. Informed consent
  - c. Torts
  - d. Negligence and malpractice
  - e. Liability insurance
  - f. Standard of care
  - g. Risk management
5. Employment
6. National certifications
7. Group exercise training

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. Lecture classroom with internet and PowerPoint capabilities.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Written examinations, including final  
Writing assignments  
Written and oral critique

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture  
Discussion

## Representative Text(s) and Other Materials

Battista, Rebecca A. (editor). *ACSM Resources for the Personal Trainer, 5th ed.*. 2018.

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

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

3. Guest speakers: industry and faculty speakers covering selected topics

## **Discipline(s)**

Physical Education