

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Personal Trainer Cert Prep

Course Abbreviation and Number: PHE 1480

Credit Hours: 3

Course Type: Lecture

Course Description: Student gain theoretical knowledge and practical skills in preparation for a national certification exam in personal training. Topics include guidelines for instructor safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Apply the principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.
2. Apply the principles and methods of training for cardio-respiratory fitness, muscular strength and endurance, and flexibility.
3. Demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model.
4. Demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques.
5. Demonstrate communication skills needed in personal fitness instruction.

Topics Covered:

- American Council On Exercise
- Human Anatomy
- Introduction: Exercise Physiology
- Biomechanics
- Applied Kinesiology
- Health Screening
- Testing and Evaluation
- Nutrition
- Cardio-respiratory Fitness/Exercise
- Muscular Strength and Endurance
- Strength Training Program Design
- Flexibility
- Programming for Healthy Adults
- Programming for Special Populations
- Health Concerns
- Principles of Adherence
- Motivation
- Communication/Teaching Techniques
- Musculoskeletal Injuries

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021