BARTON COMMUNITY COLLEGE

**COURSE SYLLABUS**

# GENERAL COURSE INFORMATION

Course Number: PHED 1326

Course Title: Advanced Concepts of Personal Training

Credit Hours: 3

Prerequisite: None

Division/Discipline: Liberal Arts and Sciences/Health, Physical Education and Recreation

Course Description: This course is designed to prepare and qualify students to work as personal trainers. This professional development course not only prepares students for successful attainment of the NCSF-CPT credential, but also provides them with the skill set for capable job performance in the expanding personal training market.

# INSTRUCTOR INFORMATION

# CLASSROOM POLICY

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College's educational endeavors as outlined in the College catalog.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

# COURSE AS VIEWED IN THE TOTAL CURRICULUM

This class is open to students that are selected by audition at the beginning of the year, or recruited. The class is a continuation of the previous class. Emphasis on fundamentals of precision dance and drill are basic to the course. The group will perform at basketball games, community and professional functions.

This course will assist members in building self-confidence and poise.

This course is an approved general education course at BCC, which can be used to fulfill Health, Physical Education, and Recreation activity course requirement or elective. It can be used for credit for BCC Graduation, and transfer to institutions of higher education.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# ASSESSMENT OF STUDENT LEARNING / COURSE OUTCOMES

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies:

1. Properly screen and evaluate clients for safe participation in an exercise program.
   1. Demonstrate proper Health Screening and Evaluation techniques
   2. Demonstrate proper flexibility assessment and Body Fat Analysis
2. Design and implement exercise prescriptions for multiple populations and successful goal attainment.
   1. Identify proper resistance training systems
   2. Identify proper functional warm-up
   3. Identify proper cardiorespiratory programming
3. Successfully sell and manage personal training services.
   1. Understand Functional Training and its benefits
   2. Understand the value of a properly certified personal trainer

Upon completion of this course students will be eligible for Personal Trainer Certification, provided through the National Council on Strength and Fitness Board for Certification.

# INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

1. **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# REFERENCES

1. **METHODS OF INSTRUCTION AND EVALUATION**

# ATTENDANCE REQUIREMENTS

# COURSE OUTLINE