

FITNESS SPECIALIST/ PERSONAL TRAINER

Certificate E0808

The Fitness Specialist/Personal Trainer Certificate prepares students for careers as personal trainers, health/fitness professionals in corporate fitness facilities, wellness centers and public/private health clubs. The Fitness Specialist/Personal Trainer Certificate curriculum is designed to prepare students who wish to take exams offered by the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM) and other nationally recognized organizations. Technical skills necessary for implementation of a safe, effective and motivational physical fitness program are presented.

Required Courses

Course Prefix	Course Name	Units
KIN 15	Administration of Fitness Programs	2
KIN 24	Applied Kinesiology	2
KIN 38	Physiology of Exercise for Fitness	3
KIN 39	Techniques of Fitness Testing	2
KIN 40	Techniques of Strength Training and Conditioning	3
KIN 85	Fitness Specialist Work Experience	1
Choose one course from the following		3
NF 10	Nutrition for Health and Wellness	
NF 12	Sports Nutrition	
NF 25	Introduction to Nutrition Science	
or NF 25H	Introduction to Nutrition Science - Honors	
Total Units		16

Recommended Electives

Course Prefix	Course Name	Units
DNCE 39	Pilates Fundamentals	0.5-1
KINF 25	Core Performance and Foundation Movement	1-2

Program Learning Outcomes

Upon successful completion of this program, a student will be able to:

- Demonstrate the ability to monitor client's safety in a gym environment and respond to potential risks and or hazards.
 - Demonstrate a knowledge of ethical and legal issues faced by a personal trainer.
 - Demonstrate a knowledge of various types of cardiovascular disease and the pathology it has on the body. Understand how exercise can be used to prevent a disease and obesity to better quality of life for an individual.
- Review Student Learning Outcomes (SLOs) (<http://www.mtsac.edu/instruction/outcomes/sloinfo.html>) for this program.
- Design a 6- 12 month exercise program based on clients current fitness level and abilities and their current fitness goals.
 - Demonstrate a knowledge of the structure and function of exercising muscle.
 - Demonstrate a working knowledge and practical application of General principles of training as applied to, Resistance training programs, Aerobic and anaerobic power training programs.
 - Demonstrate the ability to assess muscular strength, aerobic fitness anaerobic power using safe and accepted protocols.
 - Describe primary functions and movement patters of muscles joints during specific exercises in order to give appropriate feedback as to the proper execution of an exercise.
 - Use appropriate verbal and nonverbal communication to coach and motivate individuals in their exercise program.
 - Describe basic nutrition concepts as they relate to performance, sport and a healthy lifestyle.