

# Inver Hills Community College

## PHED 2000: Introduction to Personal Training

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites:

PHED 1109 - Weight Training

Corequisites: None

MnTC Goals: None

Preparing students to become personal trainers with the skills to ensure proper exercise prescription for a variety of populations. This is an introductory course that prepares students with the basic knowledge and hands on experience to work with individual or group clients. This course provides content that can be used for examinations required for various Personal Training certifications.

**B. COURSE EFFECTIVE DATES:** 02/15/2018 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Fitness Screening and Exercise Prescription: 20%
2. Individualized program design: 30%
3. Special populations: 10%
4. Injury prevention: 10%
5. Motivation and communication skills: 20%
6. Principles and methods of fitness training: 10%

### D. LEARNING OUTCOMES (General)

1. Acquire knowledge of principles and methods of personal training, including individual and small group training.
2. Design and implement client-based exercise training protocols.
3. Select and administer fitness evaluation protocols and assessments.
4. Discuss and practice strategies to support and encourage clients.
5. Identify exercise protocols for various health conditions to ensure safe exercise prescription.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted