Course Inventory Change Request

New Course Proposal

Date Submitted: 07/17/14 12:55 pm

Viewing: KINE 3030: Introduction to Personal Training

Changes proposed by: MARTROH

Submitter: User ID: MARTROH  Phone: 844-1453

Proposing College/School: College of Education

Department: School of Kinesiology

Effective Term: Fall 2015

Subject Code: Kinesiology (KINE)

Course Number: 3030

This course has been successfully piloted as a special topics course more than 3 times. Enrollments and continuing interest justify moving it to a regular course number. This course could also provide a means for on the job training and on-campus employment opportunitie for students.

Justification for new course:

Course Title: Introduction to Personal Training

Abbreviated Title: Intro to Personal Training

<table>
<thead>
<tr>
<th>Schedule Type</th>
<th>Contact/Group Hours</th>
<th>Weekly or Per Term?</th>
<th>Credit Hours</th>
<th>Anticipated Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>3</td>
<td>Weekly</td>
<td>3</td>
<td>35</td>
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Can the course be repeated? No  Total Credit Hours: 3

In Workflow

1. KINE Editor
2. KINE Chair
3. ED Editor
4. ED Associate Dean
5. Coordinator Curriculum Management
6. University Curriculum Committee Chair
7. Coordinator Curriculum Management

Approval Path

1. 07/17/14 1:39 pm MARTROH: Approved for KINE Editor
2. 07/20/14 7:36 am RUDISME: Approved for KINE Chair
3. 07/21/14 4:06 pm KTS0004: Rollback to KINE Chair for ED Editor
4. 07/21/14 4:32 pm RUDISME: Approved for KINE Chair
5. 08/13/14 8:58 am DAVISS7: Approved for ED Editor
6. 08/27/14 6:10 pm VILLASE: Approved for ED Associate Dean
7. 09/16/14 8:18 am KTS0004: Approved for Coordinator Curriculum Management
8. 09/16/14 1:51 pm RELICHCO: Approved for University Curriculum Committee Chair
Grading Type: Standard Grades
Prerequisites: None
Prerequisite Courses:
Corequisites:
Restrictions:
Admin Restrictions:
Course Description: Theoretical knowledge and skills in preparation of national certification in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

May Count Either:

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Program Title</th>
<th>Requirement or Elective?</th>
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<tbody>
<tr>
<td>Major</td>
<td>Various</td>
<td>Elective</td>
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Overlap or Duplication of Other Units' Offerings:

Resources: Current faculty resources will support the teaching of this course at this time.

Course Objectives/Outcomes:

Upon successful completion of the course, students will be able to:
1. Understand the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction
2. Understand the principles and methods of assessments, training concepts and program design through application of the Optimum Performance Training (OPT) Model
3. Understand the scientific rationale for integrated training, human movement science, exercise metabolism and bioenergetics
4. Demonstrate the proper usage of various exercise modalities utilizing appropriate exercise guidelines and spotting techniques
5. Exhibit the communication and client interaction skills needed in personal fitness instruction

Is this course considered University

No
Core?

Course Content Outline

Week 1: Introduction to course; Scientific Rationale for Integrated Training
Week 2: Basic Exercise Science; The Cardiorespiratory System
Week 3: Exercise Metabolism & Bioenergetics; Human Movement Science; Muscular System; Chapters 1, 2, & 3
Quizzes DUE
Week 4: Nutrition; Supplementation; Chapters 4, 5 Quizzes DUE
Week 5: Lifestyle Modification & Behavioral Coaching; Norm Establishment/Team Building/Trust Activities
Week 6: Developing a Successful Personal Training Business; Fitness Assessment; Chapters 19, 20 Quizzes DUE
Week 7: Fitness Assessment, Cont.; Chapter 6 Quiz DUE
Week 8: Chronic Health Conditions & Physical or Functional Limitations; Midterm Examination DUE
Week 9: Introduction to Exercise Modalities; Group Presentations DUE
Week 10: Flexibility Training Concepts; Cardiorespiratory Fitness Training; Group Presentations DUE; Chapter 15, 16 Quizzes DUE
Week 11: Core Training Concepts; Balance Training Concepts; Group Presentations DUE; Chapters 7, 8, 9 Quizzes DUE
Week 12: Plyometric Training Concepts; Speed, Agility, and Quickness Training; Group Presentations DUE
Week 13: Resistance Training Concepts; Integrated Program Design & the Optimum Performance Training (OPT) Model; Group Presentations DUE: Chapters 10, 11, 12 Quizzes DUE
Week 14: Small Group Training; Introduction to Auburn PT; Week 15: Administrative Responsibilities/Risk Management; Final Exam Review
Week 16 - Final Examination

Assignments / Projects

Exams (2 @ 100 pts each - 200 pts total)
Each student will complete a midterm and final examination

Quizzes (20 @ 12.5 each - 250 pts total)
Each student will complete a reading quiz that covers content from each chapter of reading assigned.

Presentation (25 pts)
Each student will collaboratively develop an oral presentation that outlines a personal training plan for a fictitious client.

Tests (200 pts)
Quizzes (250 Pts)
Presentation (25 pts)
Total 475 pts

Rubric and Grading Scale

The grade scale is a typical 10 point scale. Points are described below
A = 427.5-475 pts
B = 380-427.4 pts
C = 332.5-379.9 pts
D = 285-332.4 pts
<table>
<thead>
<tr>
<th>Attachments</th>
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<tr>
<td>Course reviewer comments</td>
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</table>

**KTS0004 (07/21/14 4:06 pm):** Rollback: Per unit request (S. Wolf, 07/21/2014) - KTS -

F = below 285 pts