Course Inventory Change Request

New Course Proposal

Date Submitted: 07/17/14 1:39 pm

Viewing: KINE 3031: Introduction to Personal Training - Lab

Changes proposed by: MARTROH

Submitter: MARTROH 844-1453

Proposing College/School: College of Education

Department: School of Kinesiology

Effective Term: Fall 2015

Subject Code: Kinesiology (KINE)

Course Number: 3031

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 would also provide a means for on the job training and on-campus employment for students.

Course Title: Introduction to Personal Training - Lab

Abbreviated Title: Intro to Personal Training Lab

<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>Laboratory</td>
<td>6</td>
<td>Weekly</td>
<td>3</td>
<td>45</td>
</tr>
</tbody>
</table>

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 1:40 pm  
   MARTROH: Approved for KINE Editor
2. 07/20/14 7:37 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 4:33 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 8:19 am  
   KTS0004: Approved for Coordinator Curriculum Management
8. 09/16/14 1:51 pm  
   RELIHC: Approved for University Curriculum Committee Chair
Grading Type: Standard Grades

Prerequisites: P/C: KINE 3030

Prerequisite Courses:

Corequisites:

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:

Affected Program(s):

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Program Title</th>
<th>Requirement or Elective?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major</td>
<td>Various</td>
<td>Elective</td>
</tr>
</tbody>
</table>

Overlapping or Duplica
tion of Other Units' Offerings: No

Resources

No additional resources are necessary 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

5. Exhibit the communication and client interaction skills
needed in personal fitness instruction

6. Conduct a comprehensive fitness assessment, including an
initial interview, physiological measurements, body
composition, cardio-respiratory, dynamic posture, muscular
endurance and strength, and flexibility assessments
Is this course considered University Core?  No

Course Content Outline

Week 1: Introductions; Orientation to facility, equipment and exercise modalities
Week 2: Integrated Training and the Optimum Performance Training (OPT) Model, NASM Program Template
Week 3: Fitness Assessments: Initial Interview, Reviewing the Registration Form, Fitness Assessment Forms, Risk Stratification
Week 4: Fitness Assessments: Blood Pressure, Heart Rate, Height, Weight, BIA, BMI, THR
Week 5: Fitness Assessments: Skinfolds, Body Circumference
Week 6: Fitness Assessments: YMCA 3 Minute Step Test, Bruce Protocol
Week 7: Fitness Assessments: Functional Movement Screen
Week 8: Fitness Assessments: Push Up, Curl Up, Hand Grip, Sit & Reach, MicroFit
Week 9: Skill Performance Assessment 1: Functional Movement Screen DUE
Week 10: Skill Performance Assessment 2: Initial Interview & Comprehensive Fitness Assessment DUE
Week 11: OPT Model: Stabilization Endurance Training
Week 12: OPT Model: Strength Endurance Training, Hypertrophy Training, Maximum Strength Training
Week 13: OPT Model: Power Training
Week 14: Form & Cueing Common Exercises
Week 15: Skill Performance Assessment 3: Mock Training Session DUE
Week 16: Program Design DUE

Assignments / Projects

Program Design (50 pts)
Students will create a program design for a client for each phase of the NASM Optimum Performance training Model: 1) Stabilization Endurance Training Program Design; 2) Strength Endurance Training Program Design; 3) Hypertrophy Training Program Design; 4) Maximum Strength Training Program Design; 5) Power Training Program Design

Skill Performance Assessment (3 @ 10 pts each - 30 pts total)
Students will demonstrate their practical skills through skill performance assessments of: 1) Initial Interview and Comprehensive Fitness Assessment Skill Performance Assessment; 2) Functional Movement Screen Skill Performance Assessment; 3) Mock Training Session Skill Performance Assessment

Attendance (15 pts)
Students must attend each lab session unless for a University Approved Excused Absence

Rubric and Grading Scale

Program Design (50 pts)
Skill Performance Assessments (30 pts)
Attendance (15 pts)
Total 95 pts

The grade scale is a typical 10 point scale. Points are described below:
A = 85.5-95 pts
B = 76-85.4 pts
C = 66.5-75.9 pts
D = 57-66.4 pts
F = below 57 pts

Attachments

Course reviewer comments

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