

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN 211 Introduction to Personal Training**

**I. Basic Course Information**

A. Course Number and Title: FITN 211 Introduction to Personal Training

B. New or Modified Course: Modified Course

C. Date of Proposal: Semester: Spring      Year: 2018

**D. Effective Term: Fall 2019**

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 3

G. Weekly Contact Hours: 3                      Lecture: 3  
  Lab: 0  
  Out of class student work per week: 6

H. Prerequisites: FITN 132 Cardiovascular Conditioning and FITN 135 Introduction to Weight Training

I. Laboratory Fees:

J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:

Dept. Chair: Beryl Stetson, [Beryl.Stetson@raritanval.edu](mailto:Beryl.Stetson@raritanval.edu), 908-526-1200 x.8208

Dept. Dean: Terence Lynn, [Terence.lynn@raritanval.edu](mailto:Terence.lynn@raritanval.edu), 908-526-1200 x 8512

**II. Catalog Description**

Prerequisites: FITN 132 Cardiovascular Conditioning and FITN 135 Introduction to Weight Training

The course will cover subject area needed to become a successful personal trainer and prepare the student to sit for a nationally recognized personal trainer certification. Students will learn how to: conduct and initial client interview; design and implement fitness testing procedures; design and implement an individualized personal training program for a variety of clients including special populations, demonstrate and teach basic exercise movements, and cue and motivate clients. Course content will cover

current guidelines for exercise prescription, basic biomechanics of human movement and exercise physiology, and administration and record keeping.

### **III. Statement of Course Need**

- A. This course is designed to introduce the student to all areas involved in personal training and to prepare the student to take a nationally recognized personal trainer certification exam. It is a required course in the Fitness Specialist Certificate of Completion Program and it is an option for the Associate of Science, Exercise Science degree.
- B. This course meets a program requirement for the Fitness Specialist Certification Program.

### **IV. Place of Course in College Curriculum**

- A. Free Elective .
- B. This course meets a program requirement for the Fitness Specialist Certification Program and it is an option for the Associate of Science, Exercise Science degree.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

### **V. Outline of Course Content**

- A. Overview of Human Movement System
- B. Basics of Exercise Science
- C. Initial Interview and Risk Assessment
- D. Exercise Testing and Assessment
- E. Program Design
  - 1. Cardiovascular Program
  - 2. Resistance Training Program
  - 3. Flexibility/Mobility Program
- F. Biomechanics of Resistance Training
- G. Energy Expenditure During Exercise
- H. Behavior Modification
- I. Special Populations and Program Design
- J. Business Aspects of Personal Training

### **VI. General Education and Course Learning Outcomes**

- A. **General Education Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Demonstrate skill necessary to conduct an initial client interview. (GE- NJ 1)
2. Analyze client information, including fitness test results, interview notes, and goals to formulate an effective fitness program. (GE- NJ 1)\*
3. Critique case studies to determine critical issues, and present suggestions for improvement using industry standards and scholarly sources. (GE – NJ IL1)

\*embedded critical thinking

**B. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Describe the Human Movement System and identify dysfunctional movement patterns and causes.
2. Perform client assessments, including pre-participation health screening to determine risks and readiness for a formal exercise program.
3. Compare and contrast the benefits and risks of various exercise and nutritional programs.
4. Demonstrate how to take heart rate and blood pressure at rest and during exercise.
5. Demonstrate proper execution of various exercises to include cardio, resistance training, flexibility, and self-myofascial release.
6. Design a scientifically based exercise program to improve cardiovascular fitness, muscular endurance/strength, and increase movement efficiency through improved range of motion and overall mobility.

**C. Assessment Instruments**

1. laboratory products
2. research papers/projects
3. demonstrations
4. case studies
5. exams

**VII. Grade Determinants**

- A. essays
- B. projects

- C. tests
- D. presentations

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. computer-assisted instruction
- D. student oral presentations
- E. case studies
- F. independent or guided study

### **VIII. Texts and Materials**

**LIST** which of the following types of course materials will be used. Specify title and publication information about textbooks and any other major text sources or other materials.

- A. Suggested Textbook based on certifying organization:
  - Resources for the Personal Trainer, 7th ed., McGraw-Hill, 2011 (ACSM)
  - NSCA's Essentials of Personal Training, 2nd ed., Human Kinetics 2012
  - NASM Essentials of Personal Fitness Training, 6th ed., Jones & Bartlett Learning, 2018
- B. video
- C. audio sources
- D. web sources
- E. other computer-based sources

**The following statement should be included in the outline:**

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

### **IX. Resources**

- A. RVCC Library
- B. RVCC Exercise Science Lab
- C. RVCC Fitness Center

### **X. Honors Option: N/A**