

# KIN 0012 - INSTRUCTIONAL METHODS FOR PERSONAL TRAINERS

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## Catalog Description

Hours: 72 (36 lecture, 36 activity)

Description: Emphasizes the development of instructional skills based on learning modalities and pedagogical practices for individuals working as a personal trainer in the fitness industry. Activities focused on those used to develop muscular endurance, muscular strength, muscular hypertrophy, and flexibility using various equipment options. Practical application of exercise science principles in anatomy, physiology, kinesiology, and exercise physiology used for exercise instruction and program design. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Identify components of the musculoskeletal system and correlate them with exercises for specific muscle groups using various pieces of equipment.
- CSLO #2: Construct a muscle conditioning program to address the specific goals of an individual client.
- CSLO #3: Demonstrate effective instructional methods when teaching exercise techniques.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

72

## Outside of Class Hours

90

## Total Student Learning Hours

162

## Course Objectives

Lecture Objectives:

1. Identify the components of the musculoskeletal system.
2. Create a lesson plan format to address the essential components of a safe and effective exercise session.
3. Explain different modalities of learning and practice methods.
4. Create a portfolio of programs designed as examples for use with various individuals, goals, abilities, and equipment.
5. Identify, through a survey in the local community, what employment opportunities are available and what standards are required to secure employment.

Laboratory Objectives:

1. Demonstrate movement patterns that correlate with specific muscle groups.

2. Identify specific stretches for targeted muscle groups and apply various methods for improving flexibility.
3. Administer appropriate assessments as they apply to an individual's personal fitness goals, physical limitations and proper screening.
4. Identify risk versus benefit considerations related to specific exercises, equipment, and facility options.
5. Practice and demonstrate proper instruction of exercises with consideration for possible modifications, progressions, and options for equipment.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Students will participate in discussions where they provide feedback as peer evaluators for student demonstrations. Standard grade based on their completion of feedback forms.
- Objective Examinations
  - Example: Students will be given written quizzes and exams to evaluate their knowledge on principles of exercise instruction, safety, and program design. Example: "Using the concept of progressive overload, what percentage of load should be used when increasing weight for a client?" Standard grading.
- Projects
  - Example: Students will develop a program design for a hypothetical client with special limitations and provide a modification to exercise or an alternative option for that client.
- Skill Demonstrations
  - Example: Students will conduct a demonstration in class where they instruct another student on how to properly perform an exercise techniques.

## Repeatable

No

## Methods of Instruction

- Activity
- Lecture/Discussion
- Distance Learning

Activity:

1. The instructor will discuss with students the programs they designed based on a hypothetical client. Discussions will focus on the appropriateness and efficiency of the program to meet the needs of the client.

Lecture:

1. The instructor will evaluate the student's instructional demonstration when presented to other students. Each student will then evaluate

the effectiveness of the instruction based on the format, accuracy, clarity, and presentation quality.

#### Distance Learning

1. Students will view videos of various exercise techniques and through discussion will analyze the safety, effectiveness, and application of each.

## Typical Out of Class Assignments

### Reading Assignments

1. Read chapters on exercise modifications and injury prevention in selected texts and be prepared to discuss in class. 2. Read articles from the professional journal, ACE, relative to the basic design concepts of exercise programs and present a short summation of your findings to class.

### Writing, Problem Solving or Performance

1. Submit an outline on how to lead a client through a progression of a specific exercise starting as a beginner and advancing to a skilled and fit individual. 2. Design an exercise program for a client that has limited time and resources.

### Other (Term projects, research papers, portfolios, etc.)

1. Create a portfolio to show potential employers and/or clients that includes sample assessments and programs for sample client needs and goals.

## Required Materials

- Essentials of Strength Training and Conditioning
  - Author: Haff and Triplett
  - Publisher: National Strength and Conditioning Association
  - Publication Date: 2016
  - Text Edition: 4th
  - Classic Textbook?:
  - OER Link:
  - OER:
- ACE Personal Trainer Manual
  - Author: American Council on Exercise
  - Publisher: ACE
  - Publication Date: 2014
  - Text Edition: 5th
  - Classic Textbook?:
  - OER Link:
  - OER:

## Other materials and-or supplies required of students that contribute to the cost of the course.