KINE 3303 Personal Training
Three semester hours

This course will help candidates prepare for the National Strength and Conditioning Association certified personal trainer exam. Candidates will learn how to enhance an individual’s quality of life by improving fitness, performance and promoting lifelong health behavior change.

The candidate:

1.) Conducts health screenings, assessments and evaluations of clients.
2.) Demonstrates principles (e.g. cardiovascular endurance, muscular strength and endurance, flexibility and body composition) and methods of training.
3.) Designs and implements individualized exercise programs.
4.) Creates a positive exercise experience to promote adherence and educates clients to increase their awareness of health and fitness information.
5.) Develops a risk management and business plan.

Justification:
This course is required as part of the new Kinesiology All Level Certification and Non Certification degree plans. The information learned in this course is necessary to learn how to design safe and effective workout programs.

Program: Delete: ___ Add: ___ Change: ___ Attach new/changed Program of Study description and 4-year plan. If in current online catalog, provide change and attach text with changes in red.

Minor: Add: ___ Delete: ___ Change: ___ Attach new/changed minor. If in current online catalog, provide change and attach text with changes in red.

College Introductory Pages: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

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Approvals:  
Signature  
Date  
Chair  
Department Curriculum Committee  
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