



College Document # 076

UCC Document # 170  
Review Type:    Edit    Exp    Full

**CATALOG YEAR 2014 - 2015**

COLLEGE/SCHOOL/SECTION: COED/KINESIOLOGY

**Course:** Add: X Delete:     
(check all that apply) Change: Number    Title    SCH    Description    Prerequisite   

**Response Required:**    New course will be part of major X minor    as a required X or elective    course

**Response Required:** New course will introduce X, reinforce   , or apply X concepts

If new, provide Course Prefix, Number, Title, **Measurable** Student Learning Outcomes, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current online catalog, provide change and attach text with changes in red and provide a brief justification.

**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.

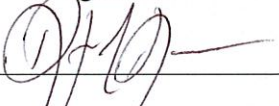

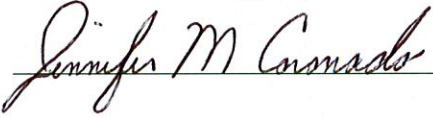
**Program Learning Outcomes:** Add: \_\_\_ Change: \_\_\_ Attach listing of program learning outcomes.

**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.

**Other:** Add information: \_\_\_ Change information: \_\_\_ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Approvals:

	Signature	Date
Chair Department Curriculum Committee		2/20/14
Chair Department		2/26/14
Chair College Curriculum Committee		2/26/14
Dean		2/26/14

02/2012