## Department:

Physical Education

## Course Description:

This course provides additional advanced practical experience for students pursuing a personal trainer degree. The course will consist of designing a fitness training program for a selected individual for the duration of the course, instructing the trainee in specific exercises and use of fitness machines, and documenting the trainee's progress through the program. The course will continue to emphasize effective interaction with the fitness trainee. The course will also provide preparation for the National Council of Strength and Fitness personal trainer exam.

## Course Competencies:

Upon completion of the course, the student should be able to:

1. Write exercise prescription using frequency, intensity, type, and time (FITT) to meet fitness goals of trainees.
2. Document progress and improvement through the fitness program.
3. Determine and initiate ways to increase progress and fitness development for the trainee during the program.
4. Interact with trainees in a confident, professional manner.
5. Make career decisions relevant to the personal training field.

## Course Content:

A. Selection of fitness trainee
B. Designing a personal fitness program
C. Providing instruction and enhancing progress
D. Documenting performance in the program

## Learning Assessments:

Course competencies will be assessed by class attendance and participation, completing a daily log or notebook, and a final paper.

## Instructional Materials:

Notebook
Exercise equipment and machines

**Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the "Disabilities Self-Identification Form" on our Disability Services website.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

**A Note on Harassment, Discrimination and Sexual Misconduct**

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an online report about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our Equity Grievance Policy.