

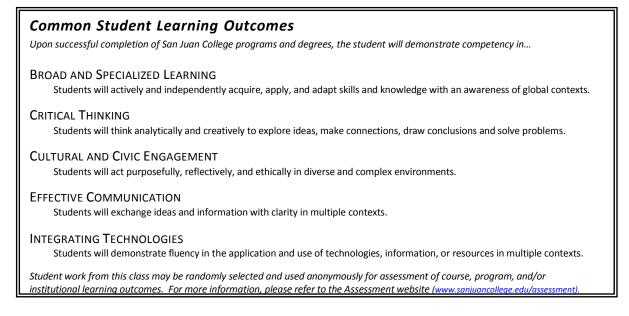
PHED 113 Introduction to Personal Training--3 CREDITS SYLLABUS

CATALOG DESCRIPTION

The purpose of this course is to instruct and improve student's knowledge on how to develop the skills and knowledge necessary to be a Personal Trainer; begin preparation to take and pass a Personal Trainers Certification; develop the ability to critically think through and apply information acquired to make rational decisions associated to fitness training.

Prerequisites: None

Semester Offered: Fall, Spring, Summer



Course Learning Outcomes

Upon successful completion of the course, the student will be able to...

- Demonstrate through examination the scientific principles involved in weight training
- Demonstrate through examination the scientific principles involved in cardiovascular training
- Demonstrate through examination how to develop exercise prescriptions for a vast array of

clients

- Demonstrate through examination proper techniques on all areas of fitness
- Demonstrate through examination how to maximize clients potential
- Demonstrate through examination how to teach clients lifelong behaviors required to maintain a healthy lifestyle