



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

Common Student Learning Outcomes

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies, information, or resources in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Assessment website (www.sanjuacollege.edu/assessment).

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

