Course Abbreviation & Number: PHED 2101
Course Title: Personal Trainer I
Credit Hours: 3
Prerequisites: BIOL 1611 and BIOL 1611L
Co-requisites: None

Course Description:
This is the first of a two-course sequence in personal training. In this course students will obtain detailed knowledge of the essentials of exercise science in order to design appropriate, effective, and safe long-term exercise programs. Also, this course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and to become effective personal trainers.

Expected Educational Results:
As a result of this course, the student will be able to:
1. Recognize the broad scope of industry settings and career opportunities within the Personal Trainer field.
2. Demonstrate an understanding of human anatomy, exercise physiology, applied kinesiology, nutrition, and physiology of training.
3. Examine and evaluate environmental considerations regarding exercise, biomechanical principles, nutrition guidelines, and the body’s adaptation to exercise.
4. Develop written and oral communication skills.

General Educational Outcomes:

1. Produce well-organized communication that exhibits logical thinking and organization, uses appropriate style for audience and meets conventional standards of usage.
   a. Develop speaking skills through peer group activities, class discussions, or oral presentations;
   b. Develop listening skills through note taking in class, responding to oral and technical presentations, and from peer group activities in class;
c. Develop reading skills through comprehension of textbook materials and the evaluation of secondary sources; and

d. Develop their writing skills by planning and revising short reports and essays.

2. Demonstrate effective problem-solving and critical thinking skills through interpreting, presenting or evaluating ideas.
   
a. Analyze the functions of the cardiovascular, respiratory, digestive, skeletal, neuromuscular, muscular, and endocrine systems;
   
b. Learn basic anatomy, physiology, and kinesiology terminology; and
   
c. Complete exams that will prepare the student for the ACE Personal Trainer Certification Exam.

Course Content:

1. Human Anatomy
2. Exercise Physiology
3. Fundamentals of Applied Kinesiology
4. Nutrition
5. Physiology of Training

Assessment of Outcome Objectives

Course Grade:

Tests and a final exam prepared by individual instructors will be used to determine part of the course grade. Instructors may also require special projects appropriate to the subject matter.

Course Assessment:

The departmental assessment will be conducted every three years in the following manner:

1. All students in all sections will be required to complete a common written final exam containing questions related to the expected educational results.
2. Additionally, all students will be required to complete one short-answer essay question.
3. An item analysis will be completed on the test items administered and a representative sample of the short-answer essay questions will be reviewed by a committee of at least three full-time faculty members who teach the course.

Use of Assessment Findings:

A departmental committee will review the item analysis to determine:
1. If the test questions were appropriate for assessing the desired educational outcomes.
2. If the level of student success was achieved.
3. If a revision of course instruction to improve student’s achievement is needed.
4. A specific time line for implementation of recommended changes.

Last Revised:

Fall 2013