Georgia Perimeter College
Common Course Outline

Course Abbreviation & Number: PHED 2102
Course Title: Personal Trainer II
Credit Hours: 3
Prerequisites:
  BIOL 1611, BIOL1611L, BIOL 1612, BIOL1612L and PHED 2101
Co-requisites:
  None
Course Description:
This is the second of a two-course sequence in personal training. The course is designed to give students the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers. This course presents the ACE Integrated Fitness Training™ (ACE IFT™) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness, and goals. The information covered by this course and the ACE IFT Model will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength.

Expected Educational Results:
As a result of this course, the student will be able to:
1. Apply the ACE Integrated Fitness Training Model.
2. Employ the assessments for functional, resistance, and cardiorespiratory training.
3. Explain the role and scope of practice for the personal trainer.
4. Examine mind-body exercise.
5. Demonstrate how to train special populations.
6. Identify how to prevent injuries, common injuries, and first aid procedures.
7. Describe professional and legal responsibilities

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. Principles of Adherence, Motivation, Behavior Change, and Health Psychology
2. Communication and Teaching Techniques
3. The ACE Integrated Fitness Training Model
4. Building Rapport
5. Health and Exercise History Information Assessment
6. Functional Training: Assessments, Programming, and Progressions for Posture, Movement, Core, Balance, and Flexibility
7. Physiological Assessments
8. Resistance Training: Programming and Progressions
9. Cardiorespiratory Training: Programming and Progressions
10. Professional and Legal Responsibilities, Scope of Practice, and Business Strategies for Personal Trainers
11. Special Exercise Programming Topics: Mind-body Exercise, Special Populations, and Exercise Implications of Common Musculoskeletal Injuries

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:

Nov 11 2011