

RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

EXSC 211 - Intro to Personal Training

I. Basic Course Information

1. Course Number and Title: EXSC 211 - Intro to Personal Training

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2024

D. Effective Term: Fall 2025

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: 3 Lecture: 3
Laboratory: 0
Out of class student work per week: 6

H. ☒ Prerequisite (s): EXSC 132 Cardiovascular Conditioning
EXSC 135 Intro to Weight Training

I. Additional Fees: None

II. Catalog Description

Prerequisite: EXSC 132 Cardiovascular Conditioning
EXSC 135 Intro to Weight Training

The course will cover the subject area needed to become a successful personal trainer and prepare the student to sit for a nationally recognized personal trainer certification. Students will learn how to: conduct an initial client interview; design and implement fitness testing procedures; design and implement an individualized personal training program for a variety of clients, including special populations, demonstrate and teach basic exercise movements, and cue and motivate clients. Course content will cover current guidelines for exercise prescription, basic biomechanics of human movement and exercise physiology, and administration and record keeping.

III. Statement of Course Need

- A. This course is designed to introduce the student to all areas involved in personal training and to prepare the student to take a nationally recognized personal trainer certification exam. It is a required course in the Fitness Specialist Certificate Program, and it is an option for the Associate of Science, Exercise Science degree.
- B. This course meets a program requirement for the Fitness Specialist Certification Program.
- C. This course generally transfers as an Exercise Science elective or a free elective depending on the transfer institution.

IV. Place of Course in College Curriculum

- A. Free Elective (This applies automatically to all college-level credit courses in the College.)
- B. This course meets a program requirement for the Associate Degree in Exercise Science and the Fitness Specialist Certificate.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Overview of Human Movement System
- B. Basics of Exercise Science
- C. Initial Interview and Risk Assessment
- D. Exercise Testing and Assessment
- E. Program Design
 - 1. Cardiovascular Program
 - 2. Resistance Training Program
 - 3. Flexibility/Mobility Program
- F. Biomechanics of Resistance Training
- G. Energy Expenditure During Exercise
- H. Behavior Modification
- I. Special Populations and Program Design
- J. Business Aspects of Personal Training

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

- 1. Describe the Human Movement System and identify dysfunctional movement patterns and causes.
- 2. Demonstrate skills necessary to conduct an oral and written initial client interview and assessments, including pre-participation health screening, to determine risks and readiness for a formal exercise program (GE-1).
- 3. Analyze client information, including fitness test results, interview notes, and goals, to write an effective fitness program to improve cardiovascular fitness,

- muscular endurance/strength, and increase movement efficiency through improved range of motion and overall mobility. (GE-1)*
4. Critique case studies to determine critical issues, and present suggestions for improvement using industry standards and scholarly sources. (GE –1, IL)

* embedded critical thinking

B. Assessment Instruments

1. laboratory products
2. case studies
3. demonstrations/fitness testing
4. small group work

VII. Grade Determinants

- A. case studies
- B. projects
- C. tests
- D. laboratory practical

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. case studies
- D. laboratory
- E. practical demonstrations

VIII. Texts and Materials

A. Suggested Textbook based on certifying organization:

1. Resources for the Personal Trainer, 7th ed., McGraw-Hill, 2011 (ACSM)
2. NSCA's Essentials of Personal Training, 2nd ed., Human Kinetics 2012
3. NASM Essentials of Personal Fitness Training, 6th ed., Jones & Bartlett Learning, 2018

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. Fitness Center
- B. Gymnasium
- C. RVCC Library

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A