

Course discipline/number/title: PHED 2245: Group Fitness/Personal Trainer Certification Exam Prep

A. CATALOG DESCRIPTION

1. Credits: 2
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: Recommended, but not required: PHED 1105, PHED 1108, PHED 1122 PHED 1124, 1126, PHED 1127, PHED 1132, PHED 1133, PHED 2240, PHED 2242, PHED 2249, PHED 2250, and PHED 2253.
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is designed as a review course for students wishing to complete a Group Fitness Instructor or Personal Trainer certification. Various industry standard entities (ACE, AFAA, ACSM, NSCA, NETA) offer similar certifications that cover the specifics of a variety of strength and conditioning activities such as; Pilates, yoga, step aerobics, floor aerobics, aquatic exercise, indoor cycling, sport conditioning, functional training, kickboxing, exercise and bosa ball, various cardiovascular conditioning courses. These certification exams are intense and comprehensive. This course is a review of all concepts through the use of lecture and practical experience. Recommended, but not required: PHED 1105, PHED 1108, PHED 1122 PHED 1124, 1126, PHED 1127, PHED 1132, PHED 1133, PHED 2240, PHED 2242, PHED 2249, PHED 2250, and PHED 2253.

C. DATE LAST REVISED (Month, year): April, 2019

D. OUTLINE OF MAJOR CONTENT AREAS:

1. All aspects of preparation for various GF/PT Certification Exams.
2. Comprehensive Review of Group Fitness Instructor/Personal Trainer Course Work
 - a) Exercise Physiology
 - b) Anatomy
 - c) Nutrition and Weight Management
 - d) Biomechanics and Kinesiology
 - e) Training Principles
 - f) Injury Prevention, Exercise Related Injuries and Responding to Injuries
 - g) Addressing Specific Population Considerations
 - h) Health and Fitness Assessments
 - i) Legal Aspects of Liability
 - j) Music Licensing and Laws
 - k) Communication, Leadership and Motivation Techniques

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Successfully apply knowledge in an exam-like setting.
2. Practice concepts through lecture and practice exams for certification exam preparation.
3. Complete a Personal Trainer and/or Group Fitness Instructor Certification Exam of their choosing.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Attendance/Participation
2. Daily assignments
3. Quizzes and exams
4. Group work assignments
5. Practical technique evaluation

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None

