

# RCTC PROGRAM PLAN

## PERSONAL TRAINER

Diploma

### I. MINNESOTA TRANSFER CURRICULUM (MnTC)/

**GENERAL EDUCATION REQUIREMENTS.....4 CREDITS**

**GOAL 3: NATURAL SCIENCES .....4 CR**

**Choose from one of the following:**

BIOL 1107, Fundamentals of Anatomy and Physiology, 4 cr

BIOL 1110, Human Biology, 4 cr

BIOL 1217, Anatomy and Physiology I, 4 cr

### II. PROGRAM CORE REQUIREMENTS.....31 CREDITS

HLTH 1114, Responding to Emergencies, 3 cr

PHED 2155, Introduction to Kinesiology, 3 cr

PHED 2240, Methods of Group Fitness Instruction, 3 cr

PHED 2241, Essentials of Personal Training, 3 cr

PHED 2242, Essentials of Strength & Conditioning, 3 cr

PHED 2245, Group Fitness/Personal Trainer Certification Exam Prep, 2 cr

PHED 2249, Prevention and Care of Athletic Injuries, 3 cr

PHED 2252, Sport Psychology, 3 cr

PHED 2253, Sport Nutrition for Performance, 3 cr

PHED 2270, Intro to Physical Education, Health, Rec, Coaching, Fitness & Sport Mgmt, 2 cr

PHED 2293, Personal Trainer/Group Fitness Instructor Field Experience, 3 cr

### III. PROGRAM ELECTIVES.....3 CREDITS

**Choose three credits from the following courses:**

HLTH 1108, Weight Management through Nutrition and Fitness, 3 cr

PHED 1105, Lifetime Fitness, 3 cr

PHED 1122, Circuit Training, 1 cr

PHED 1124, Tai Chi and Meditation, 1 cr

PHED 1125, Yoga for Life I, 1 cr

PHED 1128, Yoga for Life II, 1 cr

PHED 1126, Step Aerobics, 1 cr

PHED 1127, Body Toning, 1 cr

PHED 1132, Speed and Power Running, 1 cr

PHED 1133, Strength Training for Men and Women, 1 cr

PHED 1150, Basic TRX Training, 1 cr

PHED 1151, High Intensity Interval Training (HITT) with TRX Suspension Training, 1 cr

PHED 1189, Boot Camp, 1 cr

PHED 1190, Strength, Agility and Quickness Training for Football Athletes, 1 cr

PHED 1191, Strength, Agility and Quickness Training for Volleyball and Soccer Athletes, 1 cr

PHED 1192, Strength, Agility and Quickness Training for Basketball Athletes, 1 cr

PHED 1193, Strength, Agility and Quickness Training for Wrestling Athletes, 1 cr

PHED 1194, Strength, Agility and Quickness Training for Baseball and Softball Athletes, 1 cr

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PHED 2154, Introduction to Biomechanics, 3 cr

REC 2210, Recreation Program Leader, 3 cr

**TOTAL .....38 CREDITS**

## **PROGRAM OUTCOMES:**

Upon completion of the Personal Trainer program at RCTC, students will achieve the following outcomes:

- Demonstrate effective professional communication skills with clients and professional networks.
- Apply critical thinking skills in program planning and development, and perform responsible decision making in ethical and legal situations.
- Develop fitness prescriptions for both individual and group clients based on their abilities, goals, and motivations.
- Describe the characteristics, structure, and function of human anatomy, as well as, the understanding of basic exercise physiology, and prevention and care of sports injuries.
- Identify the many certification tools available throughout the fitness industry for continued improvement, re-certification and expansion with industry trends.

Revised: 05/08/2018

Implementation: Fall 2018