

HLTH152C : Personal Trainer Course

This course addresses pertinent topics for the fitness professional and bridges the gap between theory and practice through practical hands-on training performed within the classroom and lab portions of the course. Following a structured "read, write, and apply" format, students will attain the knowledge and abilities necessary to competently perform the tasks required of successful fitness professionals. On completion of the course, students should be well prepared to take the National Council on Strength and Fitness NCSF-CPT examination.

Credits 4

Lab/Practicum/Clinical Hours 2

Lecture Hours 3

Learning Outcomes

Upon completion of this course, students will:

1. Explain the organization of body systems, anatomical features, and functional processes in health and disease.
2. Describe the principles of exercise physiology in health and disease states.
3. Assess health screening and evaluation techniques.
4. Explain the basic concepts of diet planning.
5. Evaluate weight management techniques, including the role of diet and exercise for the loss, gain and maintenance of body mass.
6. Discuss exercise considerations, impact on chronic diseases, and body weight issues throughout the human lifespan.