

Course Description:

This certification course prepares students to practice as a professional Personal Fitness Trainer. The course includes online or live classroom learning equal to 15 hours of classroom education, 15 hours of practical training and a 30-hour internship (internship only required for Level 2 Certification & 3 college credits to be issued). Topics include anatomy, biomechanics, exercise physiology, fitness testing and health assessment, nutrition, exercise prescription, equipment usage, special populations, legal and safety issues. Students who successfully complete the online classroom education and exam, practical training and exam, internship and CPR and AED certifications will receive their nationally recognized W.I.T.S. Personal Training Certification.

Course Prerequisite(s): High school diploma or GED.

Course Objectives:

To provide students with the most current, foundational knowledge, training, and competency testing to certify them to practice as professional certified fitness trainers.

Course Learning Outcomes:

After students complete the Personal Trainer Certification course, they will be able to:

- Understand and explain key terms and principles of basic anatomy, kinesiology and exercise physiology.
- Assess an individual's level of fitness using ACSM guidelines.
- Design and customize exercise programs.
- Demonstrate proper execution of resistance, cardiovascular and flexibility exercises.
- Demonstrate at least one strength exercise for every major muscle group.
- Explain ACSM and AHA recommendations for cardiovascular exercise.
- Modify exercise programs to meet the needs of special populations.

Textbook(s):

Howley, E.T. and Franks, R.D. (2017) *Fitness Professional's Handbook*. 7th Ed. Human Kinetics. Champaign, IL

Grading Policy: In order to successfully complete this course, students must respond to all discussion posts (if Hybrid), complete all assignments, complete all quizzes, pass written and practical exams and complete the 30-hour internship (for level 2 only).

Lecture	<u>Lecture Topics</u>	<u>Chapters</u>	<u>Lab Topics and Activities</u>	<u>Chapters</u>
1	Health, Fitness, Performance; Health Risk Appraisal; Functional Anatomy and Biomechanics	1, 2, 3	Health Screening; Record Keeping; Resting Heart Rate and Blood Pressure, Submaximal Testing, Warm-up.	2, 6, 7, 26
2	Functional Anatomy and Biomechanics; Exercise Physiology	3 and 4	Field Tests for Cardiorespiratory Fitness, Assessing Muscular Fitness, Assessing Range of Motion	7, 9, 10
3	Nutrition, Rx for Weight Management, Rx for Cardiovascular Fitness	5, 11, 12	Body Composition; Programming for Cardiorespiratory Fitness	8, 11, 12
4	Rx for Cardiovascular Fitness; Rx for Muscular Fitness, Rx for Flexibility and Low Back Function, Exercise and Older Adults	11, 13, 14, 17	Programming for Muscular Fitness, Alternative Resistance, Flexibility	13, 14
5	Special Populations; Behavioral Change; Injury Prevention and Treatment; Legal Issues	18, 19, 20, 23, 26, 27	Programming for Muscular Fitness: Free Weights and Core Training, Case Studies	13, 14

Please note the following important information.

W.I.T.S. Personal Training Certification candidates must submit the following documentation:

- Register online with a test voucher **35 days prior to their scheduled exam date.**
- Provide a copy of CPR/AED certification to W.I.T.S. main office **7 days prior to scheduled exam date.**