



School of Nursing and Health Professions Syllabus



Term: Credit: 3 CR **Instructor:**

Course Code: PFT 220 **Office Hours:**

Title of Course: Advanced Personal **Office Location:**
Fitness

Days & Times: **Email:**

Location: **Phone:**

Prerequisites/ Corequisites: NONE

COURSE DESCRIPTION:

This course establishes strong foundations in the functions of the human body incorporating the science of exercise, health, and medical and exercise considerations. Every class session includes essential theory (lecture) and a practical lab application. The active learning process of hands-on participation reinforces concepts learned in class and refines the skills needed to obtain and analyze assessment data. The content of the lab is constructed so students obtain opportunities to incorporate newest practical and technical skills into their assessment planning. Students design and practice selected components of physical fitness to create an appropriate fitness/ exercise program that is based on critical analysis of data based on client's needs. This process incorporates components of communication with clients and the health assessment and the readiness of the client for a fitness program.

STUDENT LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

1. Communicate orally and in writing, the program information to the client, in accordance with disciplinary standards.
2. Select the appropriate skills in training instruction such as spotting, technique and tempo correction, and effective breathing techniques.
3. Use fitness concepts, definitions and principles in personal training, group fitness instructions, or health and fitness settings.
4. Integrate diversity of body types and the special needs of clients during assessment and analysis of data.
5. Analyze individual health and fitness levels and create individual exercise programs.
6. Reflect on the importance and influence of physical activity, kinesiology, nutrition and exercise on health and be an advocate for physically active

lifestyles as a means to improve quality of life and reduce the risk and prevalence of lifestyle related diseases.

TEXTBOOK REQUIRED:

Sutton, B.G. (2022). NASM Essentials of Personal Fitness Training. (7th ed.). Jones and Bartlett. ISBN: 9781284200881



EVALUATION METHODS:

- Attendance/Participation/Discussions 10%
- Lab Reports/Assignments 30%
- Personal Program Design 30%
- Midterm Exam 15%
- Final Exam 15%

WEEKLY OUTLINE:

Week	Topic	Learning Outcomes (L.O)
1	Course Syllabus, Introduction & Review	
2	The Profession of Personal Training	SLO 1, 2
3	Cardiorespiratory, Endocrine, and Digestive Systems Taking Vital Signs	SLO 1, 2
4	Exercise Metabolism &	SLO 1, 2

	Bioenergetics	
5	The Nervous, Muscular, and Skeletal Systems.	SLO 3, 4
6	Human Movement Science	SLO 3, 4
7	Integrated Training and the OPT model	SLO 3, 4
8	The OPT Performance Training Model	SLO 4
9	Training Model Flexibility & Cardiorespiratory Training	SLO 4
10	Intro to Exercise Modalities	SLO 5, 6
11	Resistance Training Concepts	SLO 5, 6
12	Core and Balance Training Concepts	SLO 5, 6
13	Plyometrics and Speed, Agility, & Quickness Training Concepts	SLO 6
14	Chronic Health Conditions and Special Populations	SLO 6
15	FINAL EXAM	Final Exam

HCCC POLICIES, STATEMENTS, AND SERVICES:

<https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html>