



School of Nursing and Health Professions Syllabus



Term:

Credits: 3

Instructor:

Course Code: PFT 240

Office Hours:

Title of Course: Personal Training Internship

Office Location:

Days & Times:

Email:

Location:

Phone:

Prerequisites: Exit Basic English, Basic Math

COURSE DESCRIPTION:

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The internship is a supervised professional practice experience at a commercial fitness center, health care facility, industry, long term-care, school, or athletic facility. Each student is supervised by an exercise science professional with certification as a personal trainer. The internship is designed to provide the student a minimum of seventy-five hours (75) of authentic application of the theories and concepts previously acquired in the Personal Fitness Training curriculum. The focus may include program administration health promotion and planning, fitness testing and exercise prescription, group exercise class instruction, personal training, facility maintenance, health fairs, and promotions. The facility preceptor works closely with the Coordinator/Faculty member of the Personal Fitness Program to assure an effective experience for the student. As the student progress through the external internship, test preparation provides the student with the theoretical knowledge and the practical skills for the National Academy of Sports Medicine (NASM) personal training certification. Upon certification, the student will have the ability to develop and implement exercise programs for healthy populations and/or individuals with medical clearance to exercise.

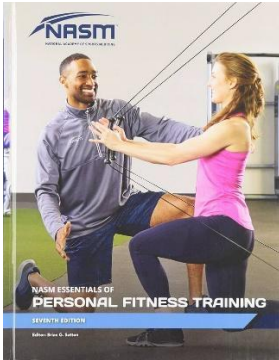
STUDENT LEARNING OUTCOMES:

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

1. Perform assessments of muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, and body composition via several accepted tests and instruments.
2. Demonstrate proper safety and emergency care procedures when working with clients.
3. Integrate the theoretical business components with the reality of the internship site.
4. Create exercise programs tailored to specific populations and their health and fitness goals.
5. 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:

- **Site Supervisor Evaluation** **15%**
- **Site Visit** **15%**
- **Bi-weekly Journal** **20%**
- **Client Exercise Program** **25%**
- **Study Guides/Quizzes** **25%**

WEEKLY OUTLINE:

Week	Topic	Learning Outcomes (L.O)
1	Introduction Course Syllabus Schedule CPR class	
2	IN-PERSON - CPR class	
3	Psychology & Behavioral Coaching	SLO 4
4	Physiological Systems & Metabolism	
5	Nutrition & Supplementation	SLO 5
6	Musculoskeletal System & Human Movement Science Schedule Site Visit	SLO 2
7	Give Supervisor Eval Form	
8	Integrated Training & OPT	SLO 3
9	Exercise Modalities	

10	Flexibility Training Cardiorespiratory Training	SLO 1
11	Core & Balance Training	SLO 1
12	Resistance Training	SLO 1
13	Plyometric/Reactive Training and Speed, Agility, and Quickness Training	SLO 2
14	Chronic Health Conditions and Special Populations	SLO 5
15	Final Exam	Final Exam

HCCC POLICIES, STATEMENTS, AND SERVICES:

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