

# SES-2300: PERSONAL TRAINING CERTIFICATION PREPARATION

---

## Cuyahoga Community College

**Viewing: SES-2300 : Personal Training Certification Preparation**

**Board of Trustees:**

January 2023

**Academic Term:**

Fall 2023

**Subject Code**

SES - Sport and Exercise Studies

**Course Number:**

2300

**Title:**

Personal Training Certification Preparation

**Catalog Description:**

Introductory course in personal training. Covers basic exercise science, fitness evaluation and consultation, exercise techniques, program design, clients with unique needs, safety and legal issues, and business management for personal trainers. Prepares students to take national certification on examinations for personal training.

**Credit Hour(s):**

3

**Lecture Hour(s):**

2

**Lab Hour(s):**

2

## Requisites

**Prerequisite and Corequisite**

SES-1040 Teaching Exercise Training Techniques, or departmental approval.

## Outcomes

**Course Outcome(s):**

Apply knowledge of the foundations of personal training when working with a client, including basic anatomy, physiology, biomechanics, nutrition, client consultation, health screening, and fitness assessment.

**Objective(s):**

1. Describe the basic anatomical and physiological characteristics of the cardiovascular, respiratory, and musculoskeletal systems.
2. Discuss the psychological benefits of exercise, the effectiveness of goal setting, the stages of change, and the values of motivation.
3. Discuss the personal trainer's scope of practice in nutrition and weight management and determine when to refer a client to a registered dietitian or nutrition professional.
4. Examine the function and role of the musculoskeletal system and its relation to exercise and sport movement.
5. Define the basic terminology of bioenergetics (energy systems) related to exercise.
6. Explain the various types of levers of the musculoskeletal system and the factors contributing to human strength and power.
7. Describe the acute and chronic adaptations that occur from resistance and aerobic training.
8. Analyze the purpose of pre-participation health screenings and physical assessments on a client.
9. Identify major and contributing risk factors that may be associated with coronary heart disease.
10. Evaluate a fitness test's validity and reliability.
11. Examine cardiorespiratory and resistance training principles including frequency, intensity, duration, mode, load, volume, sets, repetitions, specificity, and progression.

**Course Outcome(s):**

Design and implement appropriate exercise prescriptions and programs in accordance with the principles of personal training.

**Objective(s):**

1. Discuss the role of the personal trainer in the design and implementation of training programs.
  2. Conduct initial client interview to assess compatibility, develop goals, and establish a client-trainer agreement.
  3. Demonstrate how to administer health screenings and fitness tests assessments correctly, properly, and safely.
  4. Evaluate a client's health screening and fitness test assessments correctly by comparing it with normative data.
  5. Develop training programs that demonstrate an understanding of anatomy, physiology, bioenergetics, biomechanics, client consultation, health screenings, fitness assessments, and training principles.
  6. Teach proper techniques for resistance training, cardiorespiratory training, flexibility, and balance training using machine and non-machine equipment.
  7. Guide clients on safe participation in group exercise classes.
  8. Design safe and effective plyometric and speed training programs.
- 

**Course Outcome(s):**

Apply the components of personal training to safely and effectively design and implement programs for diverse populations.

**Objective(s):**

1. Discuss the personal trainer's scope of practice when working with clients with unique needs.
  2. Discuss exercise recommendations and precautions for pregnant women.
  3. Design developmentally appropriate exercises and exercise programs for preadolescents and older adults that demonstrate an understanding of age-specific needs and concerns.
  4. Design appropriate exercises and training programs for individuals who are obese, overweight, or who have hyperlipidemia, eating disorders, or diabetes.
  5. Explain the pathophysiology and risk factors for various cardiovascular and/or respiratory diseases.
  6. Design appropriate exercises and training programs for individuals who are obese, overweight, or who have cardiovascular and/or respiratory diseases.
  7. Recognize the physiological, functional, and health-related impairments caused or exacerbated by spinal cord injury, multiple sclerosis, epilepsy, and cerebral palsy.
  8. Recognize abnormal physiological responses to exercise in clients with spinal cord injury, multiple sclerosis, epilepsy, and cerebral palsy.
  9. Assess the necessary precautions in planning and implementing exercise and physical activity programs in clients with spinal cord injury, multiple sclerosis, epilepsy, and cerebral palsy.
  10. Explain the potential functional and health benefits of regular exercise in clients with spinal cord injury, multiple sclerosis, epilepsy, and cerebral palsy.
  11. Demonstrate proficiency in cardiopulmonary resuscitation and first aid skills.
- 

**Course Outcome(s):**

Analyze the business/employment structures of personal training, the components of starting a personal training business, and the safety and legal issues of personal training.

**Objective(s):**

1. Examine the various personal training organizations and certifications.
  2. Identify the three types of business/employment structures of personal training including sole proprietorship, partnership, and corporation.
  3. Compare and contrast the personal trainer as an employee or independent contractor.
  4. Identify the financial decisions of starting and maintaining a personal training business including bookkeeping, price, and capital.
  5. Discuss strategies for advertising and marketing a personal training business.
  6. Discuss the types of insurance coverage recommended and required of personal trainers, including liability, personal health, and property insurance.
  7. Examine the facility guidelines recommended by the American College of Sports Medicine and National Strength and Conditioning Association for equipment organization, equipment maintenance, and facility cleaning duties.
  8. Identify professional and legal responsibilities of the personal trainer
  9. Explain the term negligence and the four elements that an injured client must prove in a negligence lawsuit.
  10. Develop and implement risk management strategies to minimize the possibility of litigation.
-

**Methods of Evaluation:**

- a. Participation
- b. Homework assignments
- c. Internet assignments
- d. Quizzes
- e. Exams
- f. Practical skills test
- g. Instructor observation

**Course Content Outline:**

- a. Role of the personal trainer
- b. Personal training organizations and certifications
- c. Exercise sciences
  - i. Structure and function of the muscular, nervous, and skeletal systems
  - ii. Structure and function of the cardiovascular and respiratory systems
  - iii. Bioenergetics
  - iv. Biomechanics
  - v. Resistance training adaptations
  - vi. Aerobic training adaptations
  - vii. Nutrition in the personal training setting
  - viii. Exercise psychology for the personal trainer
- d. Initial consultation and evaluation
  - i. Client consultation and health appraisal
  - ii. Fitness assessment selection and administration
  - iii. Fitness testing protocols and norms
- e. Exercise technique
  - i. Flexibility, body weight, and stability ball exercises
  - ii. Resistance training techniques
  - iii. Cardiovascular activity techniques
- f. Exercise prescription and program design
  - i. Resistance training
  - ii. Aerobic endurance training
  - iii. Plyometric and speed training
  - iv. Flexibility and balance training
- g. Clients with unique needs
  - i. Clients who are pregnant, older, or preadolescent
  - ii. Clients with nutritional and metabolic concerns
  - iii. Clients with cardiovascular and respiratory conditions
  - iv. Clients with orthopedic, injury, and rehabilitation
  - v. Clients with spinal cord injury, multiple sclerosis, epilepsy, and cerebral palsy
  - vi. Resistance training for clients who are athletes
- h. Safety and legal issues
  - i. Facility and equipment layout and maintenance
  - ii. Legal issues in personal training
- i. Business management for the personal trainer
  - i. Types of business/employment structure
  - ii. Employee versus independent contractor
  - iii. Financial decisions
  - iv. Marketing
  - v. Insurance

**Resources**

Brad Schoenfeld, Ronald Snarr. *NSCA's Essentials of Personal Training*. 3rd ed. Champaign, Ill: Human Kinetics, 2022.

---

Ann L. Gibson; Dale R. Wagner; Vivian H. Heyward. *Advanced Fitness Assessment and Exercise Prescription*. 8th ed. Champaign, Ill: Human Kinetics, 2019.

---

American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription*. 11th ed. Philadelphia, PA: Lippincott, Williams, and Wilkins, 2021.

---

National Academy of Sports Medicine. *NASM Essentials of Personal Fitness Training*. 7th ed. NY: Jones and Bartlett Learning, 2021.

---

American College of Sports Medicine. *ACSM's Resources for the Personal Trainer*. 6th ed. Philadelphia, PA: Lippincott, Williams, and Wilkins, 2021.

---

Howley, Edward and Thompson, Dixie. *Fitness Professional's Handbook*. 7th ed. Champaign, Ill: Human Kinetics, 2017.

---

Biagioli, Brian. *NCSF Advanced Concepts of Personal Training*. 2nd ed. National Council on Strength and Fitness, 2019.

---

American Council on Exercise. *ACE Personal Trainer Manual*. 5th ed. San Diego, CA: American Council on Exercise, 2014.

---

Delavier, Frances. *Strength Training Anatomy*. 4th. Champaign, IL: Human Kinetics, 2022.

---

Top of page

Key: 4027