COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 171, PERSONAL FITNESS TRAINING

COURSE TITLE: Personal Fitness Training
COURSE NUMBER: TMAS 171
PREREQUISITES: None
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 3
CONTACT HOURS: Lecture: 2 Lab: 2
DATE OF LAST REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2011

CATALOG DESCRIPTION: The Personal Fitness Training course presents the concepts behind personal fitness, health and well-being. The course includes basic principles of human anatomy, physiology and exercise. Professional and legal practices are presented. Implementation of client’s goals in an exercise program is discussed. Course includes both lecture and lab components. This program is designed to adequately prepare the student for the accredited NFPT-CPT Personal Trainer Board Certification Exam. The final exam for this course meets strict criteria and requirements imposed by the National Commission for Certifying Agencies (NCCA) accreditation standards. Successful board exam completion qualifies the student as a certified personal fitness trainer. Certification test fee will be in addition to tuition fees.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student, through lecture and laboratory activities, will be expected to:

1. Apply the basic principles of Human Anatomy.
2. Apply the basic principles of Human Physiology.
3. Apply the basic principles of Exercise Physiology.
4. Identify Client’s goals and implement an exercise program.
5. Discuss the characteristics of wellness.
6. Demonstrate professionalism and compliance to legal practices relevant to personal training.

COURSE CONTENT: Topical areas of study include –

- Blood Pressure Testing
- Body composition Measurement
- Ketone Testing
- Step Test
- Sit & Reach Flexibility test
- Rowing Machine
- Stretching Techniques
- Basic Human Physiology
- Ethical considerations
- Indications/Contraindications
- Body weights and measures
- Blood Sugar Analysis
- Urinary Urea Nitrogen Testing
- Muscle Strength Test
- Bench Press
- Squatting
- Basic Human Anatomy
- Scope of Practice
- Liability Insurance
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The Ivy Tech Library is available to students’ on- and off-campus, offering full text journals and books and other resources essential for course assignments. Go to http://www.ivytech.edu/library/ and choose the link for your campus.

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