

# Northern Marianas College

## CURRICULUM ACTION REQUEST

Course: KI210 Personal Training

Effective Semester / Session: Fall 2024

### Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation


Course Alpha and Number: KI210

Course Title: Personal Training

### Reason for initiating, revising, or canceling:

This personal training course plays a vital role in our efforts to revamp the Liberal Arts Health & Physical Education degree emphasis into a broader Kinesiology degree. By offering this new course, we aim to equip students with a certification that will immediately provide students with employment opportunities both here in the CNMI and elsewhere.

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Denise Myers (Apr 11, 2024 09:18 GMT+10)

04/11/24

Proposer

  
Velma C. Deleon Guerrero

Date

4/10/2024

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10/04/24

Interim Dean of Academic Programs & Services

Date

# Northern Marianas College

## Course Guide

Page: 2

**Course:** KI210 Personal Training

### 1. Department

Science, Mathematics, Health, & Athletics

### 2. Purpose

KI210 investigates personal training theory and techniques. This course will satisfy 1 of the 2 needed major course elective classes which are a requirement for the Associate of Arts in Liberal Arts with an Emphasis in Kinesiology.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required:

Murray, Tinker D., et al. *Foundations of Kinesiology a Modern Integrated Approach*. Cengage, latest edition.

Recommended: None

#### B. Contact Hours

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** None

#### C. Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

#### D. Catalog Course Description

Personal trainers provide individualized health and fitness instruction to clients. This course empowers individuals with the expertise to assess clients, build appropriate fitness programs, and provide appropriate exercise technique for clients. Upon passing the standardized exam students will be certified personal trainers. Prerequisites: HE150. Concurrent course enrollment: BI251. (Offered in Fall)

#### E. Degree or Certificate Requirements Met by Course

This course fulfills 1 of the 2 major course elective requirements for the Liberal Arts emphasis in Kinesiology program and can also serve as an elective.

#### F. Course Activities and Design

This course will offer a variety of lectures, classroom activities, and projects to provide an overview of personal training.

# Northern Marianas College

## Course Guide

Page: 3

**Course:** KI210 Personal Training

#### **4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: HE150

Concurrent Course Enrollment: BI251

#### **Required English/Mathematics Proficiency Level(s)**

English Placement Level: None

Mathematics Placement Level: None

#### **5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 3-credit course, cost of textbook and certification exam package, and cost of CPR certification.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: internet, white board and white board markers, projector, body composition measuring tools, various fitness equipment, library references materials, access to photocopying as well as other applicable supplies.

#### **6. Method of Evaluation**

Students' grades will be based on assignments, demonstrations, and tests. NMC's grading and attendance policies will be followed.

**Course:** KI210 Personal Training

## 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Client Trainer Relations
  - 1.1 Legal standards of practice
  - 1.2 Ethical standards of practice
  
- 2.0 Fitness Assessments
  - 2.1 Muscular
  - 2.2 Body composition
  - 2.3 Flexibility
  - 2.4 Functional
  - 2.5 Balance
  
- 3.0 Fitness Related Anatomy & Physiology
  - 3.1 Anatomical terminology
  - 3.2 Skeletal
  - 3.3 Muscular
  - 3.4 Cardiovascular
  - 3.5 Neuromuscular
  
- 4.0 Exercise Technique
  - 4.1 Teaching
  - 4.2 Monitoring
  - 4.3 Correcting
  
- 5.0 Exercise Programming
  - 5.1 Goals
  - 5.2 Progression
  - 5.3 Tolerance
  - 5.4 Individual ability
  - 5.5 DOMS (Delayed Onset Muscle Soreness)
  
- 6.0 Motivational & Behavioral Strategies
  - 6.1 Adherence
  - 6.2 Behavior change models

**Course:** KI210 Personal Training

**8. Instructional Goals**

The course will introduce students to:

- 1.0 Client-Trainer relations;
- 2.0 Fitness assessments;
- 3.0 Fitness related anatomy and physiology;
- 4.0 Exercise techniques;
- 5.0 Exercise progression;
- 6.0 Exercise programming; and
- 7.0 Motivational and behavioral strategies.

**Course:** KI210 Personal Training

**9. Student Learning Outcomes**

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

- 1.0 Identify the psychological components of exercise adherence;
- 2.0 Assess risk factors to ensure safety for beginning exercise sessions;
- 3.0 Conduct fitness assessments;
- 4.0 Explain fitness-related anatomy and physiology;
- 5.0 Utilize training principles to develop training programs;
- 6.0 Demonstrate proper exercise techniques;
- 7.0 Critique exercise technique; and
- 8.0 Modify training for special populations.

**10. Assessment Measures of Student Learning Outcomes**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Assignments;
- 2.0 Demonstrations; and
- 3.0 Exams.









# KI210

Final Audit Report

2024-04-10

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