Mohawk Valley Community College

Utica & Rome, NY

Course Outline

FT101

Personal Training 1

C-2, P-2, Cr-3

Course Description

This course introduces the basics behind the exercise physiology, kinesiology, biomechanics, psychology, demographics, and training program structure needed to implement a safe and effective personal training program. Group exercise includes yoga, Pilates, and aerobics.

Student Learning Outcomes

1. The student will demonstrate knowledge of the basics of exercise physiology, applied kinesiology, biomechanics.

2. The students will demonstrate knowledge of the concepts behind selectorized and free weight strength training and how to apply them to varying demographics.

3. The student will demonstrate knowledge of the concepts of cardiorespiratory fitness and how to apply them to varying demographics.

4. The student will demonstrate knowledge of proper health screening and pre-testing.

5. The student will demonstrate knowledge of introductory nutrition.

6. The student will be able to recognize the value of personal training and how to approach varying demographics based on personal goals and health needs.

Major Topics

Exercise Physiology

Human anatomy

Biomechanics & Applied Kinesiology

Nutrition

Health Screening & Testing and Evaluation

Cardiorespiratory Fitness & Exercise

Muscular Strength & Endurance

Strength Training Program Design

Group Fitness

Flexibility

Programming for the Health Adult

Special Population Health Concerns

R:1/16 AR