Mohawk Valley Community College

Utica & Rome, NY

Course Outline

FT102

Personal Training 1

C-2, P-2, Cr-3

Course Description

Students learn techniques in motivation, communication, and behavioral modification related to the varying demographics in fitness training. Also students learn profession abilities, responsibilities, and ethics of personal trainers. Successful students will be eligible to sit for the American Council of Exercise Certification of Personal Trainers.

Prerequisite: FT101 Personal Training 1 with a grade of “C” or above.

Student Learning Outcomes

1. The student will demonstrate further knowledge of the concepts covered in FT 101.
2. The students will demonstrate knowledge of motivating and assisting varying demographics.
3. The student will demonstrate knowledge of communicating and teaching varying demographics.
4. The student will demonstrate knowledge of assisting with behavior modification and health psychology.
5. The student will demonstrate knowledge of liabilities, professional responsibilities, and ethics.
6. The student will demonstrate knowledge of basic first aid and injury prevention.
7. The student will demonstrate the necessary knowledge with review and preparation for the ACE personal trainer certification examination.
8. 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

Leadership

Motivation

Communication & various teaching techniques

Health Psychology

Behavioral Modification

Injury prevention and emergency procedures

Legal issues