Mohawk Valley Community College

FT202

Personal Training Practicum

P-3, Cr-1

Course Description

This practicum provides supervised, hands-on experience in MVCC’s Fitness Center. Students will assess, design, and implement a personalized fitness plan for clients based on their specific goals.

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

Student Learning Outcomes

1. The student will demonstrate further knowledge of the concepts covered in FT 101 and FT 102.
2. The students will demonstrate knowledge of motivating, communicating, and teaching varying demographics.
3. The student will demonstrate knowledge of assessing, testing, and assisting clients with goal-setting.
4. The student will demonstrate knowledge of assisting with behavior modification and progressions.
5. The student will demonstrate professional and ethical responsibilities.
6. The student will demonstrate the necessary knowledge with review and preparation for the ACE personal trainer certification examination.
7. 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

Individual and customized assessments

Fitness and wellness testing

Adherence of professional and ethical responsibilities

Communication, motivating, and teaching varying demographics and personalities

Proper implementation of behavioral modification techniques

Safe and supervised implementation of fitness plans

Review and preparation for the ACE personal trainer certification examination

R:1/16 AR