

# **KINE 190 - Introduction to Personal Training Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

## **SECTION A**

**Unique ID Number** CCC000616739

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 190

**Course Title**

**Distance Education Mode of Instruction** On-Campus  
Hybrid  
Entirely Online

**SECTION B**

**General Education Information:**

**SECTION C**

**Course Description**

**Repeatability** May be repeated 0 times

**Catalog Description** This course provides students with information regarding exercise, stretching, nutrition and business practices of personal trainers. Course prepares

### 3. Course Content

#### I. Scientific rationale for integrated training

- A. The OPT Model
- B. The program template

#### II. Basic exercise science

- A. Nervous system
- B. Skeletal system
- C. Muscular system
- D. Cardiorespiratory system

#### III. Human movement science

- A. Biomechanics
- B. Motor behavior
- C. Motor Control
- D. Motor Learning

#### IV. Fitness assessment

- A. General history
- B. Medical history
- C. Physiological assessments (heart rate, pulse, BP)
- D. Body composition
- E. Cardiorespiratory assessments
- F. Static and movement assessments
- G. Basic performance assessments

#### V. Flexibility training

- A. Review of the kinetic chain
  - B. Scientific rationale for flexibility
- #### V. Flexibility training

- A. Importance of properly training stabilization system
- B. Core musculature
- C. Core stabilization training
- D. Designing a core training program

#### VIII. Balance training concepts

- A. Importance of balance
- B. Balance and joint dysfunction

## V. Professional development

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