Personal Training

Carone Learning Category: Career
Subject: Elective/CTE
Recommended Grade Level: 10-12
Course Credit: One semester, 0.5 credits (5 units in CA)
Recommended Pre-Requisites: Exercise Science and/or Concepts in Fitness

Course Description

This course examines the role and responsibilities of a personal trainer. Students will learn the steps to become a personal trainer, including performing fitness assessments, designing safe and effective workouts, and proper nutrition principles. Concepts of communication and motivation will be discussed, as well as exercise modifications and adaptations for special populations. Students will also examine certification requirements, business and marketing procedures, and concerns about liability and ethics. In addition, throughout the course students will be able to explore various exercises, equipment, and tools that can be used for successful personal training.

Units & Tasks

This course is divided into the following Units and Sections.

- ***Course Introduction***
- ***Unit 1: Intro to Personal Training***
    - *1.1 Intro to Personal Training*
    - *1.2 Health Concepts*
    - *1.3 Professionalism*
- ***Unit 2: Assessing Fitness Levels***
    - *2.1 Exercise Readiness*
    - *2.2 Cardio & Strength Assessments*
    - *2.3 Flexibility & Skills Assessments*
- ***Unit 3: Exercise Programming***
    - *3.1 Program Design*
    - *3.2 Implementation*
    - *3.3 Injury Prevention & Treatment*
- ***Unit 4: Exercise Considerations***
    - *4.1 Sports Considerations*
    - *4.2 Special Populations*
    - *4.3 Programming Considerations & Modifications*
- ***Unit 5: Becoming a Professional***
    - *5.1 Professional & Legal Responsibilities*
    - *5.2 Business Development*
    - *5.3 Certification & Beyond*

Within each section students will find the following tasks to view or complete:
1. ***Checklist***—an outline of tasks for that section
2. ***Lessons***—multimedia lessons about the section topic

3. ***Field Trip***—links to other online sites with additional information
4. ***Training Session****—exercise technique and cueing skills
5. ***Discussion****—class discussion on an assigned topic
6. ***Assignment****—section assignment
7. ***Vocab Check***—a flash card activity to test your knowledge of vocabulary
8. ***Quiz****—quiz covering information from the lessons

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.

Additional Information

This course is based on the American Council on Exercise (ACE) requirements for personal training. This course can be taken preparatory to taken a personal training certification exam through ACE or another organization. Most organizations require a student be 18 years old before taking a certification exam.