

# PERSONAL TRAINER (FITT)

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**FITT 1164 Practicum for Personal Trainer 1 Credit (0 Lec, 7 Lab)**

This course provides practical, general workplace training supported by an individualized learning plan developed by the employer, college, and student.

Course Type: Technical

**FITT 1237 Personal Training 2 Credits (2 Lec, 0 Lab)**

This course is a study of the aspects of one-on-one training, including marketing, program development, legal aspects, documentation, training methodologies, and business considerations. Emphasis is on the development of safe and enjoyable individualized training sessions.

Co-requisite(s): FITT 2413

Course Type: Technical

**FITT 1301 Fitness and Exercise Testing 3 Credits (2 Lec, 2 Lab)**

This course provides techniques for conducting physical fitness assessments including tests of cardiorespiratory fitness, muscular strength and endurance, joint flexibility, body composition, and pulmonary capacity. This course includes fitness equipment use and maintenance, and emphasis on safety guidelines and precautions.

Course Type: Technical

**FITT 1303 Fitness Event Planning and Promotion 3 Credits (3 Lec, 0 Lab)**

This course is a study of the practical aspects of developing and scheduling group exercise fitness classes, including recreational activities, competitive activities, and promotion of exercise and non-exercise activities. Emphasis is on the design of safe, enjoyable activities.

Course Type: Technical

**FITT 2301 Lifestyle Change for Wellness 3 Credits (3 Lec, 0 Lab)**

This course is a study of the components of weight control, healthy nutrition, smoking cessation, stress management and other current trends will be covered. Included are techniques in behavior modification, motivation, teaching and counseling.

Course Type: Technical

**FITT 2309 Theory of Exercise Program Design and Instruction 3 Credits (2 Lec, 3 Lab)**

The study of health-related components of physical fitness including cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Topics include the theoretical basis underlying physical fitness; instructional techniques for fitness development; and methods for leading an exercise session, including design, instruction, and evaluation.

Co-requisite(s): FITT 2471

Course Type: Technical

**FITT 2311 Prevention and Care of Exercise Injury 3 Credits (3 Lec, 0 Lab)**

This course provides an overview of design methods for exercise settings and programs for injury prevention. This course includes the use of safe physical conditioning techniques, current exercise fads and myths that promote injury. This course covers methods for injury recognition and evaluation, on-site care of exercise injuries, and emergency procedures.

Course Type: Technical

**FITT 2413 Exercise Science 4 Credits (4 Lec, 0 Lab)**

This course is a survey of scientific principles, methodologies, and research as applied to exercise and physical fitness. Emphasis on physiological responses and adaptations to exercise. Topics include basic elements of kinesiology, biomechanics, motor learning, and the physical fitness industry.

Co-requisite(s): FITT 1237

Course Type: Technical

**FITT 2471 Kinesiology and Biomechanics 4 Credits (3 Lec, 2 Lab)**

This course is a continuation of the study of scientific principles, methodologies, and research as applied to exercise and physical fitness. Emphasis is on physiological responses and adaptations to exercise.

Prerequisite(s): FITT 2413.

Co-requisite(s): FITT 2309

Course Type: Technical