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## FOUNDATIONS OF PERSONAL TRAINING

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**PFT 101 Foundations of Personal Training****2.0 UNITS**

This course is the first of three major courses that are linked to provide in depth study of the basic policies, guidelines, and procedures of providing high quality personal fitness training with emphasis on safety, health, nutrition, and special needs of chronic health conditions, children, women and the aging population. Topics include scientific rationale for integrated training, basic exercise science including functional anatomy, biomechanics and exercise physiology. The cardiovascular system is examined in conjunction with exercise metabolism and bioenergetics. Health risk appraisal enable students to practice pre-activity screenings and fitness decision making Attachment III skills. Students explore the legal responsibilities of this profession and their scope of practice. The development of communication styles and teaching practices lead students to developing trusting relationships with clients. Basic elements of behavioral change and health psychology encourages students to look at all aspects of motivation for exercise, fitness and health changes in their own lives and their clients. Course materials and class activities provide a means for students to develop a commitment to meeting individual needs of all genders, ages, and special needs populations in the realm of personal fitness training. Through class discussions, role playing, case studies, lab experiments and other active learning techniques students acquire the knowledge, attitude, and skills to support and promote a safe, healthy and realistic program for clients who want to see a positive change in their fitness and health.