

KNLS 251

Kinesiology Seminar

1 Credit

Community College of Baltimore County Common Course Outline

Description

KNLS 251 – Kinesiology Seminar: prepares students for entry into the fitness industry and the American Council on Exercise (ACE) Certification. This course is a culmination of the Kinesiology students' preparatory education and experiences to either transfer to a four year institution or transition to a professional career. Students demonstrate proficiency in fitness theory, skills, and practical application in real-life situations. KNLS 251 partners with ACE University to prepare students for external certification.

Pre-requisites: KNLS 140 and KNLS 240 and (KNLS 231 or HLTH 140) and (KNLS 134 or HLTH 232) and permission of the program director

Co-requisites: KNLS 220

Overall Course Objectives

Upon completion of this course, students will be able to:

1. analyze health history, disease risk, medical clearance, and contra-indications to exercise;
2. administer and interpret results of fitness assessments;
3. design and facilitate a fitness program to a client;
4. lead a client through a fitness center providing explanation and demonstration of all of the exercises and equipment;
5. create Specific, Measurable, Attainable, Realistic, and Time Bound (SMART) goals for client success;
6. train a designated client for the semester;
7. design a detailed fitness program for a designated client;
8. participate in ongoing discussion board review sessions to prepare for the ACE personal trainer exam; and
9. study independently for ACE certification exam.

Major Topics

- I. Fitness assessment
- II. Design fitness program
- III. Client training
- IV. Building a client file
- V. Core skill competencies
 - a. Interviewing client

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- b. Risk stratification
 - c. Resting blood pressures
 - d. Anthropometric measurements
 - e. Body composition
 - f. Program design
- VI. ACE certification exam preparation

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Client training for 12 weeks of the semester
- One comprehensive Client File portfolio
- Four discussion board review sessions

Other Course Information

Students are required to train clients for a minimum of 12 sessions on the Catonsville campus. Clients are recruited by the Program Director, and assignment is based on student availability and skill set. Students who successfully complete KNLS 251 will be awarded a voucher to pay for one attempt of an ACE certification exam. Students must have valid CPR and First Aid certification to participate.

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