

KNLS 220

Methods and Materials of Fitness Instruction

3 Credits

Community College of Baltimore County Common Course Outline

Description

KNLS 220 – Methods and Materials of Fitness Instruction: prepares students to be an effective personal trainer or fitness professional. Multiple practical experiences are incorporated to enhance communication, feedback, and evaluation skills leading to the development of the full expertise to be a fitness professional. Students will explore flexibility improvement and muscular strength, endurance, and power development as well as examine the principles and training variables of weight training, a detailed comparison of various weight training programs, and the development of power through plyometrics.

Pre-requisites: KNLS 140 and KNLS 240 and (KNLS 231 or HLTH 140) and (KNLS 134 or HLTH 232)

Co-requisites: KNLS 251

Overall Course Objectives

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

1. apply effective communication skills during all oral presentations and teaching practicals;
2. analyze behavioral learning and change theories;
3. analyze communication and rapport building techniques;
4. demonstrate accurate and positive corrective feedback to peers and 'clients' during class activities, using developed class criteria;
5. conduct a client interview to obtain important personal and medical history information used to develop client goals and individual exercise prescription;
6. apply the risk stratification system to evaluate client risk factors which may require consultation with medical professionals prior to fitness testing and/or exercise program participation;
7. determine appropriate assessment tools for individual clients based on health status and conditioning;
8. conduct an exercise program which includes the components of a safe and productive workout;
9. identify the most effective methods of accurate monitoring of exercise heart rate;
10. prepare researched, scholarly briefs on assigned topics;
11. identify business structures for small business owners and startup operations;
12. demonstrate comprehensive risk management assessments and procedures;
13. apply scope of practice guidelines for fitness professionals;
14. analyze trending fitness and diet programs for safety and effectiveness; and
15. analyze rehabilitative programs for multiple sports injuries and special populations.

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

Major Topics

- I. The Role of a Fitness Professional
 - a. Establishing a client relationship
 - b. Evaluation of health status using risk stratification process
 - c. Conducting client interviews
 - d. Development of an individualized exercise prescription
 - e. Scope of practice
- II. Testing and Evaluation
 - a. Selection of appropriate protocols
 - b. Interpreting results
- III. Exercise Prescription
 - a. Cardiorespiratory fitness
 - b. Muscular strength, endurance, and power
 - c. Flexibility
 - d. Body composition
- IV. Exercise Programming
 - a. Leadership
 - b. Teaching techniques
 - c. Protocol selection
 - d. Goal setting
- V. Business Structures
- VI. Risk Management
- VII. Special Populations
- VIII. Injury Prevention and Management

Course Requirements

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

- Active participation
- One group fitness leadership demonstration
- One semester-long behavior change project
- One final exam case study

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

KNLS 220 is a lecture and physical activity class. Physician approval to participate may be requested based on the results of health history information.

Date Revised: 3/3/2020

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