

## KINS 63 Personal Training Principles

### **Course Information**

Semester & Year: Spring 2026

Course ID & Section #: 060141

Instructor's name: Jason White

Day/Time of required meetings: MW 1:15-3:15 PM

Location: PE 100K

Course units: 3

### **Instructor Contact Information**

Office location: PE 116C

Office hours: By appointment or Zoom

Phone number: (707)476-4535

Email address: jason-white@redwoods.edu

### **Catalog Description**

Introductory course to prepare students for national certification in personal training. Includes learning and applying client physical fitness and nutritional assessments to various exercise populations and abilities. Offers knowledge in exercise science principles and fitness components with an application emphasis on conditioning and fitness program design. Note: Upon completion of the course, the certification exam is optional, and students make their own arrangements in registering and completing the exam. A student can take this course even if they have no desire to earn the national certification.

### **Course Student Learning Outcomes**

1. Develop initial cardiovascular endurance and strength training FITT Principle exercise prescription, medical history, and assessment results.

2. Initially assess and continually evaluate the components of health and/or skill-related physical fitness values, set goals, and develop individualized programs.
3. Demonstrate specific exercise mechanics and create specific exercise workouts within the client's prescription.
4. Develop initial cardiovascular endurance and strength training FITT Principle exercise prescription based on medical history, and assessment results.
5. Describe the various types of strength training modalities and the advantages and disadvantages.

This course is meant to help prepare students to take the ACSM personal trainer certification test, although

### **Class Expectations**

1. Please limit your use of cell phones.
2. Be on time.
3. Assignments turned in late will lose 10% of their grade. NO assignments will be accepted later than 2 weeks after they are due.
4. Communicate with the instructor if you are having any issues that make these class expectations hard. I will make accommodations if communication is adequate.

### **Evaluation & Grading Policy**

Final Grade scale

A = 90-100%

B+ = 88-89%

B = 80-87%

C+ = 78-79%

C = 70-77%

D = 60-69%

F = 59% and below

Assessments will include developing a FITT exercise prescription plan, quizzes/tests, class participation, and in-class activities/assignments.

Topics covered during the course (in no particular order).

Chapter 1 – Importance of Personal Training

Chapter 2 – Career Tracks

Chapter 3 – Anatomy

Chapter 5 – Exercise Physiology

Chapter 7 – Behavior Change

Chapter 8 – Adherence

Chapter 9 – Coaching Techniques

Chapter 10 – Initial Consultation

Chapter 11 – Activity Screening

Chapter 12 – Client Fitness Assessments

Chapter 13 – Comprehensive Program Design

Chapter 15 – Cardiorespiratory Training

Chapter 17 – Personal Training Session Components

Chapter 18 – Advanced Program Options

Chapter 19 – Populations

Chapter 20 – Metabolic Disease

Chapter 21 – Business Basics

Chapter 22 – Legal Issues

The instructor has the right to make changes to this syllabus at any time during the semester.