

Master Syllabus

ENS 2416 - Certification Preparatory Course

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Prerequisite(s): AND DIT 1111 ENS 1118

Date Revised: May 2017

Course Description:

This course will help prepare the student for a nationally recognized certification exam. Current national standards issued by the United States Department of Labor will be implemented.

General Education Outcomes:

- Critical Thinking/Problem Solving Competency

Course Outcomes:

Roles and Responsibilities

Describe professional and legal responsibilities and the role of the personal trainer.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Anatomy and Kinesiology

Apply human anatomy, exercise physiology and kinesiology in exercise and program development and modification for apparently healthy and special populations.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Nutrition

Use a working knowledge of nutrition to identify healthy and unhealthy habits, differentiate between myths and facts.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Assessments

Perform physical and behavioral assessments and apply through program design.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Outline:

Program design, modifications, progression and regression

Fitness evaluations and functional assessments

Behavioral change strategies and motivational techniques

Legal and professional responsibilities

Nutrition

Safety

Anatomy, kinesiology and the function of body systems