

KIN-43 — INTRODUCTION TO PERSONAL TRAINING

About This Course

Transfer: CSU

3.00 units

Prerequisite: None.

Description: Experience applying foundations in basic exercise physiology, biomechanics, fitness assessments, exercise prescriptions and instructional techniques. Professional responsibilities of personal trainers will be covered. Provides the necessary information for the student to pursue the Personal Trainer Certification Exam for national certifying organizations (ACE, IFPA, NCSA, etc.). 36 hours lecture and 54 hours laboratory. (Letter grade only)