

Clackamas Community College

Online Course/Outline Submission System

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Section #1 General Course Information**Department:**Health/PE and Athletics**Submitter**

First Name: Tracy

Last Name: Nelson

Phone: 3274

Email: tracyn

Course Prefix and Number:HE - 201**# Credits:**3**Contact hours**

Lecture (# of hours): 33

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

Course Title:Personal Training**Course Description:**

Students will follow the curriculum for the National Council on Strength and Fitness(NCSF) Certified Personal Trainer certification. The course will guide students through the expectations, requirements, process's and knowledge to prepare to become a certified Personal Trainer through the NCSF. Through videos, lecture and self-study, students will be prepared to take the NCSF Certified Personal Training exam, which is offered through the NCSF and is not included in the course.

Type of Course:Lower Division Collegiate**Reason for the new course:**

With the implementation of our Fitness Technology Degree, many students are wanting to pursue a career in Personal training and they need an avenue to become a certified Personal Trainer. This class will prepare them to take the NCSF exam to be certified.

Is this class challengeable?

No

Can this course be repeated for credit in a degree?

No

Is general education certification being sought at this time?

No

Does this course map to any general education outcome(s)?

No

Is this course part of an AAS or related certificate of completion?

No

Are there prerequisites to this course?

No

Are there corequisites to this course?

No

Are there any requirements or recommendations for students taken this course?

No

Are there similar courses existing in other programs or disciplines at CCC?

No

Will this class use library resources?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

Yes

Area:Physical Education/Health

GRADING METHOD:

A-F Only

Audit:Yes

When do you plan to offer this course?

✓ **Fall**

✓ **Not every term**

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

Yes

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. design an exercise plan for clients based on specific goals and needs of the client,
2. demonstrate proper technique for various exercise's and strength movements,
3. explain and understand through quizzes and lectures,
 - a. functional anatomy,
 - b. biomechanics,
 - c. muscle physiology,
 - d. cardiovascular physiology,
 - e. endocrine system;
4. demonstrate and assess clients fitness levels through various tests and assessments,
5. customize training plans for special populations,
6. recommend dietary changes to help maximize clients goals,
7. cite specific exercises for functional training,
8. seek certification through the National Council of Strength and Fitness to become a Certified Personal Trainer.

This course does not include assessable General Education outcomes.

Major Topic Outline:

1. Functional Anatomy.
2. Biomechanics.
3. Muscle Physiology.
4. Endocrine System.
5. Bioenergetics.
6. Cardiovascular Physiology.
7. Nutrition/Supplements.
8. Body Composition.
9. Weight Management.
10. Physical Fitness and Flexibility Assessment.
11. Development of Training Programs.
12. Anaerobic Training.

13. Resistance Training.
14. Functional Training.
15. Working with Special Populations.
16. Ethics and Professional Behavior.

Does the content of this class relate to job skills in any of the following areas:

- | | |
|--------------------------------------|-----------|
| 1. Increased energy efficiency | No |
| 2. Produce renewable energy | No |
| 3. Prevent environmental degradation | No |
| 4. Clean up natural environment | No |
| 5. Supports green services | No |

Percent of course:0%

Section #2 Course Transferability

Concern over students taking many courses that do not have a high transfer value has led to increasing attention to the transferability of LDC courses. The state currently requires us to certify that at least one OUS school will accept a new LDC course in transfer. Faculty should communicate with colleagues at one or more OUS schools to ascertain how the course will transfer by answering these questions.

1. Is there an equivalent lower division course at the University?
2. Will a department accept the course for its major or minor requirements?
3. Will the course be accepted as part of the University's distribution requirements?

If a course transfers as an elective only, it may still be accepted or approved as an LDC course, depending on the nature of the course, though it will likely not be eligible for Gen Ed status.

Which OUS schools will the course transfer to? (Check all that apply)

Identify comparable course(s) at OUS school(s)

How does it transfer? (Check all that apply)

:

First term to be offered:

Specify term: Fall 2014
