Professor Chapp,

Attached is the syllabus for a new course we are proposing to offer in the Health Science Department.  This course has been offered as a Special Topic 390 course in the Spring of 2017 and currently in Spring 2018.

This course is designed to prepare students to take the American College of Sports Medicine Personal Training Exam to become a Nationally Certified Personal Trainer.  Many Health Science majors have an interest in entering the personal training field post-graduation but are unable to do so without the appropriate certification.  This course will cover the career tracks available to personal trainers, prepare students to design personal training sessions for diverse populations, how to counsel and coach their clientele, understand the business of personal training as well as understanding the legal issues and responsibilities of a personal trainer.

The students will be assessed in this course with written exams but also practical examinations to ensure they are able to complete full fitness assessments and personal training sessions.  The students will have the course learning outcomes:
        1.  Explain training concepts and program designs, and apply them one-on-one and in a group setting.
        2.  Discuss the fitness industry including its certifications and prost graduate career options.
        3.  Demonstrate proper professional development and etiquette.
        4.  Implement fitness programs for a variety of populations, including but not limited to, weight loss/gain, strength gain, core stability, and flexibility/range
             of motion.
        5.  Explain the importance of client interaction and how it relates to successful personal training.

The students will also have the follow program outcomes (PSLO):
        1.  PSLO #2  Demonstrate personal, professional, and ethical competency
        2.  PSLO #3 Assess health status
        3.  PSLO #4 Plan health programs
        4.  PSLO #5 Implement health programs
        5.  PSLO #6 Communicate effectively with constituents
        6.  PSLO #7 Analyze and evaluate effectiveness of health programs
        7.  PSLO #8 Identify and explain the legal/ethical basis for health services