
PERSONAL FITNESS

PFT 220**Advanced Personal Fitness****3.0 UNITS**

The Personal Fitness course prepares students to work as personal fitness trainers to clients of all ages. Students design and practice components of physical fitness to create an appropriate fitness/exercise program that is based on an analysis of the client's needs. Every class session includes essential theory (lecture) and a practical lab application. In the lab session, students gather and then critically analyze the data to tailor the program for the client's specific needs, goals and abilities. Students obtain opportunities to incorporate the newest practical and technical skills into their assessment planning. This course incorporates American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), and American Council on Exercise (ACE) curriculum.